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A Systematic Course of Reading in Preparation for the Larger Citizenship

Editor

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"HER SON"

By Miss Nellie V. Walker, Sculptress

VOLUME XII

The Woman Citizen and the Home

List of Articles

THE WOMAN CITIZEN A WOMAN FIRST OF ALL

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CHILD WELFARE IN THE HOME

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(OVER)

WOMEN'S CLUBS: TRAINING WOMEN FOR THE LARGER CITIZENSHIP

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LEGAL AID SOCIETIES

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PART I

The Woman Citizen a Woman First of All

By MARGARET J. EVANS

Introduction—The Changing Order

PRESIDENT WOODROW WILSON'S words, "Nothing is done in this country now as it was done twenty years ago," emphasize the shifting conditions of modern life. Few changes are more significant than are those that concern women and consequently concern the home, that most valuable asset of civilization.

The voice of many centuries cries, "Woman's Sphere is the home." In the Ptolemaic system of the universe the word sphere signified the invisible and transparent circle of space in which each planet, while having a certain movement of its own, was carried around the earth by the circle of the fixed stars. Long after the cosmic system of Copernicus had displaced the Ptolemaic theory this use of the word sphere, despite its false implications of a separate yet dependent action, its disregard of interpenetrating and interacting forces, lingered in speech and literature. It lingers yet in relation to woman's life and activities.

Traditionally woman's only field of action is the

home; man's field is the wide world. Woman is important in the home chiefly in her relations as wife, mother and daughter; man's importance depends slightly upon his equally significant relations as husband, father and son.

In modern thought wifehood and motherhood are no less exalted, but momentous changes in the conception of these relations have taken place. The home is, and will always be as ever, the place of woman's opportunity and joy; all that she has she gladly lays upon the altar of home; but to the modern woman has come a new vision of herself in relation to the home.

I. WOMAN IN HER DOMESTIC RELATIONS

Woman—As Wife

The traditional view of woman as wife, as recorded in English literature still, faintly perhaps, exists, but not many women now see wifehood as Shakespeare's tamed "Shrew" dramatically represented it:

> "Thy husband is thy Lord, thy life, thy keeper,
> Thy head, thy sovereign, one that cares for thee
> And for thy maintenance, commits his body
> To painful labor both by sea and land.
>
> And craves no other tribute at thy hands
> But love, fair looks, and true obedience—
> Too little payment for so great a debt."

Nor do many wives or husbands acquiesce in the view voiced by Milton of the first bridal pair, as formed "He for God only. She for God in him;" nor assent

to Addison's all-permeating ideas of the relation, nor to those of that elegant trifler, Lord Lytton, as he says, "Woman is called of God to self-abnegation, a sacrifice to man's pleasure and ambition;" nor sympathize in the Honorable Mrs. Norton's *Credo* as quoted by Elizabeth Woodbridge: "I for one . . . believe in the natural superiority of man as I do in the existence of God. The natural position of woman is inferiority to man. Amen! This is a thing of God's appointment and not of man's devising." The English woman who exclaimed: "What does a woman marry for if not to have a master!" is, however, still living. "When the wedding day comes she has no desire to omit from the service the promise to obey. . . . She wishes not to submit a reluctant will to his but to make his will her own, . . . to give up her home, merge her personality in his keeping; this is her glad ambition and it swallows up all other ambitions."* So portrays the author of "The Home Builder" an ideal situation; but clergymen aver that few wives thus feel, few husbands thus see wedlock.

The various and complex causes for these changes in the relation of the wife need little enumeration. Not conscious tyranny but universal acceptance of the theory that might makes right and the fact that power naturally leads to oppression, entailed suffering upon the weaker, man or woman. Not intentional renunciation of the theory but the disparity between theory and

* "The Home Builder," by Lyman Abbott.

practice, the inevitable dominance in the home of the stronger personality, a general growth in moral perception, a new spirit of freedom — all have been potent in the progress.

The new education has hastened the change in sentiment. "This all comes from teaching girls to read!" The High Schools with their preponderance of girls have trained two generations of women. The eight thousand degrees given to women annually by co-educational colleges and the additional thousands by women's colleges have given enlightenment upon personal rights and duties.

Four decades ago Horace Bushnell noted with surprise, "woman's lot of abridgement and repression, her many disadvantages that no principle of equity permits and no pretense of reason justifies, the usages that are oppressive, maxims that are unjust, laws of really despotic mastership unintentionally imposed." *

The legal status of the wife has changed and is still changing. The common law of England, operative also in America where special legislation has not abrogated it, mocked the bride-groom's vow, "With all my worldly goods I thee endow" by putting into the husband's hands at marriage the bride's personal property, her clothes, ornaments, wages, service, the rental of her property, and everything accumulated by the joint efforts of husband and wife; the law gave him the right to beat her, to "restrain her from lib-

* Horace Bushnell, "Woman's Suffrage," 1869.

erty"—gave him the children she bore. She became a *"femme couverte,"* was merged in him.

These legal disabilities of woman, "the embodiment in the jurisprudence of nations of the universal man-supremacy world-view acquiesced in by all mankind, including the women themselves" have been somewhat removed. Wives in many states may now own their own clothing and ornaments, possess their own earnings, hold property in their own right, and as widows may occupy for a specified time the family homestead. (See LEGAL RIGHTS AND DUTIES OF WOMEN, Vol. VIII, Page 1902.)

A re-valuation of woman as wife and a more dignified place in the home have resulted. The most conservative women welcome the change and few now would say, as did the women of Lucy Stone's day, "Do you think I would give myself where I would not give my property?"

The modern emphasis on personality, on its value and sacredness, the new insistence on the right of independent judgment has doubtless caused the greatest modification in the wife's relation. Primitive man is described as "a slave to the opinion of his fellow beings, without freedom or personality, a tool in the hands of other personalities and forces." The discriminations against the wife which compelled her to make expediency and the approbation of her husband the standard of life, long kept woman primitive. The exercise of independent judgment seemed a revolt. Hence came

the platitudinous wife whose subservience of opinion weakened her power of thought, and destroyed in her husband all interest in her mental processes; the inert wife whose flabby submission killed love; and the echo-voice of many a wife. Thus was the home robbed of the two coöperating personalities which ever ought to rule there.

As a result of economic conditions and of the prolonged period of education the bride of today is no longer a child in years. "In the forty years from 1860 to 1900 the number of married persons in every hundred who had married before they were twenty declined from twenty-nine to nine; in Massachusetts within the last forty-five years the average age of women at marriage had risen from twenty and seven-tenths to twenty-five and six-tenths." The longer period before marriage has given time for the development of personality. Often the outside world and economic independence has enabled the bride at marriage to satisfy Margaret Fuller's ideal: "That her hand may be given with dignity she must be able to stand alone."

The claim of personality is too strong for the old position of the wife. Personality is not "a mere assertion on the part of the individual in opposition to others. Personality is constituted only by the coming to life of the infinite spiritual world in an independent concentration in the individual. The human life is elevated to a self-life of a universal kind."*

* Abel J. Jones, "Rudolph Eucken."

It is the consciousness of this independent concentration in herself, of the life of her own soul, of the elevated self-life, of a personality that demands expression that, half consciously, stirs the modern wife. Her developed personality is the best gift she can make to the home.

It is not unanimity of opinion but community of interest and the emotional bond of love that hold together husband and wife. No difference of opinion, even in politics, has ever, as the governors of woman-suffrage states testify, led to the divorce court; no such intellectual difference is so fatal to the fellowship and comradeship of marriage as is supine dependence and acquiescence of thought. Through the perception of this truth, "the luxury of each in marriage looking up to the other and being led in the path of development" * is now less the dream of a philanthropist than hitherto. The alarming increase of divorces in so far as it is a consequence of the wife's new respect for her own personality carries with its appalling danger, a ray of hope; it may after all be, in a transitional age, only a part of the mighty processes of spiritual liberation, led by Luther four hundred years ago and still potently at work. It will bring its own corrective.

The wife, although inferior, is often expected to be better than her husband, and to possess certain adorable virtues such as sweetness, gentleness, devotion and

* John Stuart Mill, "Subjection of Women," 1870.

purity which he himself neither needs nor desires; yet "it is bad for a man's morals to regard himself as a constant purveyor of privilege to a supposedly inferior being . . . to make up for it with a great deal of sentimental adoration makes it the more foolish. For to worship that which is held inferior in power and wisdom is the old and surest way to falsify your moral nature." *

Few will assent to the assertion that even "happy marriages are in the present matrimonial situation abnormal and impossible; they do not, except for a common interest in children, rest on the comradeship of like minds, but represent in the wife, maternal interest extended to the husband," and in the husband represent, "that nurture and affection which is in his nature to give to pets and to all helpless (preferably dumb) creatures." † Few, however, will deny the desirability of a more solid basis of association in married life. The present conception of marriage as a contract in an ethical sense, which implies the retention by the wife of full personal rights is a relation possible only between free self-governing personalities. Even Paul's ideal of a husband's Christ-like sacrificial love points the way to give to the wife, with her developed personality the utmost possible fellowship and partnership.

The home will always offer to the wife the most

* Max Eastman, Speech in Poughkeepsie, 1910.
† W. I. Thomas, "Sex and Society," 1907.

MOTHERHOOD

available field for the exercise of all her matured faculties; there is strongest the motive to slough off pettiness, narrowness, meanness of spirit; there is keenest the incentive to that living interest in community and world affairs, in the moral and spiritual movements of the age which will render companionship inevitable and comradeship an everyday blessing; it is there the wife is daily schooled to extend to others outside the walls where she loves and serves, the home spirit and the home blessings.

The surrender has taken place. The instinct on the part of woman to conserve human welfare while rapidly developing her personality will save her from infringing on the home, its duties, its privileges and its joys.

Woman—As Mother

Woman is most frequently considered in the relation of mother; motherhood is often held to be her sole justification for existence. "Women are mothers, men are not. When all psychic marvels and parlor nonsense are laid aside, that is the scientist's difference between men and women." *

Modern thought has rather strengthened than weakened reverence for motherhood and has quickened the mother's sense of her opportunities and responsibilities. The mother of today is older when she begins to bear children than was her grandmother. This is not a matter for regret. Scientific investigation seems to

* Max Eastman, Speech at Poughkeepsie, 1910.

confirm the theory that "in most physical qualities the children of mature parents tend to come out best, the children of elderly mothers show a tendency to superiority throughout." *

Yet world-experience and knowledge have given to the mother a new sense of inability to discharge her great duties. She knows but is unable to apply sanitary science which points out the contamination of germ-laden air, accumulated garbage, bad plumbing, damp basements, insufficient light, defective chimneys, inadequate fire protection,—all the increasing menaces to the home. Upon the Boards of Health and Instruction and upon other state or municipal forces with which she has nothing to do these things depend. "One-half the tiny lives that make up the City's death rate might be saved by a more thorough application of sanitary science," but she is helpless to save those lives.†

The present mother has a new realization of her responsibility for preventable moral disease in her children, and also a consciousness of the futility of her efforts to secure for them moral health. The saloons, the gambling dens, the haunts of vice, the environing wiles of sin are ubiquitous, and she is powerless to ward off the danger. The children are, too, less docile than of old, and more impatient of restraint and guidance in regard to fascinating temptations.

* Francis Galton, "Heredity and Genius," 1879.
† Jane Addams.

Within the home her responsibility and her authority are not always co-ordinate. In six or more states of the Union the law still gives to the father alone absolute power over the property and the persons of minor children. The father may during the mother's life give away every child, even an unborn one, and at the mother's death will them to another. Competent authority * reports that in twenty-seven states only has she yet, in 1913, the legal right, upon her husband's death, to her children, and has, in these states, the right only if she remains unmarried. Only seventeen states give joint guardianship to both parents. The mother has been powerless against this discrimination.

A mother's sense of inadequacy in moral protection and training springs often from her lack of development, a lack due to old conditions and conventions. A disparity in the mental ability of the father and the mother is noticed by the growing sons. Their crude feeling of superiority to all women obtains from an anticipated citizenship and leads them naturally but unconsciously to hold in contempt as incompetent to understand large affairs, the mother to whom they owe their lives. Unhappily the spirit of the Eton College boy's entry in his diary: "Got up; had jolly breakfast; talked with mother about things she could understand" is not rare. Many a mother feels her hampering ignorance of life, her want of that practical sagacity and

*Jennie L. Wilson, LEGAL RIGHTS AND DUTIES OF WOMEN, Vol. VIII, Page 1912.

tolerant view, obtained by experience in the give-and-take of actual living, recognizes that she cannot teach maturing minds what she does not know herself, nor adequately train free women who will respect themselves and free men who will respect womanhood. The result of her efforts may result as in a child's reply to a guest's exclamation:

"What a pity one of you four boys isn't a girl!"

"Huh," said the youngest, "I don' know who'd a bin'er; Jack wouldn't a bin'er; Jimmy wouldn't a bin'er; Johnny wouldn't a bin'er, and I just bet I wouldn't a bin'er!"

The mother realizes as never before that the progress of the race depends upon her own progress, and that "the conception . . . that it was a possibility for the human male to advance in physical power and intellectual vigor while his companion female became stationary and inactive, taking no share in the labors of society beyond the passive fulfillment of sexual functions has always been negated." *

Knowing the complex interacting forces that educate children, she owns that a mother who is a mother to her own children alone, is not to them a mother. She longs to extend to needy children the world over mother love and mother protection and mother wisdom. Yet the way seems hedged. The mother seeks adjustment between the responsibilities and the opportunities for discharging the duties of the home never dearer

* Olive Schreiner, "Woman and Labor," 1911.

than today. She desires better to conduct her noble business.

Experience has, it is said, shown that in China, because the impressionable years of childhood are spent in the company of ignorant, narrow-minded heathen mothers, the children of native Christian men sometimes revert to heathenism. Not thus, it is evident, will China grow the men of strength and integrity which she must have. The greatest of all China's undeveloped resources is motherhood and womanhood. That resource is also, doubtless, the least developed of all the resources of America.

Woman—As Daughter

The relation of the daughter to the home has likewise undergone great transformation. The daughters of comfortable homes, defying tradition, and discontented with economic dependence, the frequent tyranny of love and the restraint of personal liberty at home, are following the departing domestic industries into the business world.

Higher scholastic education, promising increased earning power and the satisfaction of intellectual and social ambition draws crowds of such girls into colleges; their number there has, since 1890, increased eight-fold, while the increase of boys in college has been but three-fold. The professions, by their assurance of still greater earning power, of personal independence, of opportunity for self-expression and for a

real contribution to human welfare, in the years between 1890 and 1898, attracted an increase to the medical schools of 64.2 per cent of women and only 51.1 per cent of men; to schools of dentistry, 205 per cent to 150.2 of men; to schools of pharmacy, 190 per cent of women to 25 per cent of men. Later proportions show in the main the same trend.

There is a similar gain in the proportionate increase of women teachers, as, for example, in the last forty years in Illinois the percentage of woman teachers has changed from 60 to 80 per cent.

Shops, offices and factories present a nation-wide problem in the daughters of the working classes crowding beyond enumeration to work there. Their cries for fair wages, for decent conditions, for justice, for a share in the good things of life ring to heaven.

The complaint that all these wage-earning women replace men and lower wages must prove as vain as the old revolt against labor-saving machinery. The women with their new wages, increase their wants, stimulate manufactures and give prosperity to the nation. The fear that these wage- or salary-earning women might lose through their labor their natural womanliness, experience has proved in America as in France to be groundless; no loss of womanly dignity nor of so-called charm necessarily results from the transition from home to business.

The relation of these daughters to parents and home is, however, permanently changed. The old relation

is largely lost; the new relation to the home as to the business world is still unadjusted. She does not now remain always in the home even if unmarried. Many such daughters are still, although absent, the main stay financially of the home. "If you college girls were as fortunate as these factory girls you might be half as nice as they are!" said a settlement physician to her astonished auditors. Her portrayal of the unselfish bestowal upon the home of hard won earnings justified her words.

These women workers gain from their employment independence, occupational interest, knowledge of life, broad sympathy, often quickened mental powers, but these things do not allay their dissatisfaction with their wages, nor prevent a chronic sense of being wronged. Many of them would welcome homes of their own, but "self-supporting, self-respecting girls do not now take any husbands they can get."

In the United States, in the year 1900, among women twenty years of age or over, the married women numbered 13,400,000. The unmarried and the widows numbered 6,900,000. For every two women married there was one woman either unmarried or widowed.

It is evident that education must teach women the industrial world, and enable them to be self-supporting. But no new labor, no material prosperity which it may give can diminish the strength of the bond between man and woman, nor lessen the need of each for the other. Natural emotion and the great plans

of the Creator are stronger than anything of man's or of woman's device. The home will eventually be the gainer for the changed relations of the daughter.

II. WOMAN AS HUMANIST

Estimates of Woman

The social history of the nineteenth century is distinguished by woman's increasing prominence in thought and action. "Woman in the nineteenth century scheme of things was popularly disregarded; even today the commonly accepted view makes the individual man the centre of the universe and places woman in a secondary position. In that position, all things center about man, and woman, though necessary to the work of reproduction, is the means of continuing the human race, but is otherwise an unimportant accessory and incidental factor in the general result." *

Now comes another conception: "a woman in the twentieth century is looked upon as a complete physical and mental organism which can exist and function without the aid of man. The American woman is an individual. Her capacities, attributes and powers are her own, to be employed and used by her as she in her own freedom of choice may elect. She is in the line of evolutionary progress." † The two statements represent the extremes of thought.

Women in general have acquiesced in the nineteenth

* Scott Nearing, "Woman and Social Progress," 1912.
† Lester F. Ward, "Pure Sociology," 1903.

century estimate of themselves. Except in the religious realm, where woman has always seen herself as a personal soul allied with the immensities, she has viewed herself in a relative position. Now, between her traditional conception of herself and the modern ethical conception of personality with its claim of scope for amplest development as a human entity, there is clash and discord.

The average twentieth century woman still half-consciously holds to the notion of Rousseau: "The education of woman should always be relative to man. To please us, to be useful to us, to make us love and esteem them, to educate us when young, to take care of us when grown up, to advise and console us, to render our lives easy and agreeable — these are the duties of women at all times and what they should be taught in infancy."

The modern woman is, however, dissatisfied with the result of this recommended womanly education. It even occurs to her that this education "relative to man" is as absurd as would be man's education if it were wholly relative to woman, and if the word "manly" were surcharged with the import of "charming to woman."

To this feminine heresy and its gradual growth, Fichte, Herder, and their schools gave strength by their stress on the dignity of the human mind and the right of the individual to its conscious use and possession.

Goethe scattered the seed thought of the right of every created thing to due consideration; a century of English literature has emphasized the dignity of personality, of "the separate mind" from which "His isolation grows defined." The truth blown in the new century air has shown to thoughtful woman a vision of a new education and new duties for herself, a full development that will satisfy the claims of personality, allow her to realize what is in her, give full play to the differences between man and woman, and at the same time reconcile all her duties.

Herbert Spencer maintained that the primitive woman's power to hold her own despite physical weakness was due to her ability to please, her love of approbation, her power to disguise her feelings, her quick perceptions and intuitions formed without assignable reasons. He found that with advancing civilization woman's diversity showed itself in her practice of forming very positive beliefs, difficult to change; she is inexact, averse to precision, never imagines new and better methods of doing anything; she cannot form an opinion and reason upon it, cannot suspend judgment and balance evidence. Yet Mr. Spencer, while scant of respect for woman's mental qualities, sees these qualities not as fixed, but as moving with higher social requirements and culture toward readjustment, "slowly leading to results seen in the organic world of a self-preserving power inversely proportioned to the race-preserving power which will entail a less early arrest of

individual evolution and a diminution of those mental differences which the early arrest produces." *

The course of development seems to confirm these prognostications.

Germany's pessimistic philosopher, Schopenhauer, asserting that "woman exists mainly for the propagation of the species," recites the moral delinquencies of woman: she lacks a sense of justice, is dependent on craft, has an instinctive capacity for cunning, and an ineradicable tendency to falsehood; she uses as weapons of defense innate arts of dissimulation, is characterized by falsity, faithlessness, treachery, and ingratitude. Perjury and kleptomania are common traits in woman." † Less bitter and later critics impute to woman as distinguishing traits, a lack of the powers of generalization, abstraction, logic, invention, originality, and initiation. Even *The Atlantic Monthly's* genial philosopher, Samuel McCord Crothers, by his lecture on "The Intellectual Docility of Women" acquits them of "The Ignominy of Being Grown-up."

Woman's Physical Capacity

The wise woman will not,—although pleasure rarely follows "The giftie, to see oursel as ithers see us,"—in self-complacency ignore this evidence of man's age-long estimate of her, nor console herself by the volumes of praise which seem to offset the tes-

* Herbert Spencer, "Synthetic Philosophy," Ph. IX, 1891.
† Arthur Schopenhauer, "Studies in Pessimism," 1892.

timony, nor quote Mrs. Poyser, "God made 'em so to match the men," nor even cite what woman has done, and her noble achievements through the centuries. Nor will it avail her to reply as did the wife in answer to her husband's reiteration of the charge that women always take the personal view, "*I* don't." Rather will she seek to find in the indictment the grain of truth and her own responsibility, and to learn whether her sex will always bar her from the attainment of the intellectual and moral excellence, the nobility and uprightness to which man lays such exclusive claim. She will investigate causes and reasons.

Eminent philosophers attribute woman's defects to physical weakness, to habits, environment, and inheritance. "When the sexes differ, it is said, the difference is caused by their respective habits and by the law of sexual heredity by which males have a preponderating tendency to inherit from the fathers and females from the mothers. . . . The inequalities of birth between men and women are almost infinite, but no enlightened person points out the present inequalities as proof that such was the intention of things or that the present inequalities will always adhere." Experience now testifies that advancing civilization and human development give basis for the expressed expectation.

There is significance, too, in a further statement: "Those varieties and characteristics which appear in the infancy of animals or man are inherited by both

sexes alike. Whereas there is a tendency for those traits which appear near maturity or after to be inherited by males if those traits first appeared in the fathers and by females if those traits first appeared in the mothers." *

The conclusion of scientists is that man's physical superiority to woman is the result of inheritance from forbears who had developed their forms and muscles by severe and continuous struggle. It is accordingly reasonable to judge that woman's present disabilities arise from unfavorable inheritance. Woman's special traits of patience, endurance, tenderness, and the like had a like cause. Similar differences would result if two boys of equal powers and possibilities were so placed that one would have every advantage and the other every disadvantage. A succession of generations would manifest as great difference between their descendants as now exist between man and woman.†

A modern biologist affirms: "In the beginnings of life so far as we know, the two sexes must have been identical. From the point of evolution, neither can be superior or prior to the other. Through the generations by the law of sexual heredity, the shortcomings and frailties are transmitted through the mothers to the daughters. These variations, slight in any one individual or variation, are cumulative and in thousands of generations are finally developed marked and

* Charles Darwin, "Descent of Man."
† Emmet Densmore, "Sex Equality," 1907.

distinctive characteristics. The father unhampered transmits to his sons qualities which culminate in virile characteristics. The two sexes finally evolve such varying contrasts that these contrasts are taken for fundamental differences." *

The inevitable conclusion is that "the impossibility of woman's starting fair in life will remain until, through favoring circumstances and environment, woman will acquire a physique that will enable her to enter into competition with man free from handicap." *

With advancing civilization man's muscular strength counts for less and less; it is his vigor in social, political, and moral realms that woman would emulate. Yet so great is the effect of health or weakness upon woman's life and activities that only a sound body can give her power to "start fair in life."

Her home interests demand that the "new woman" be new in bodily strength, that thus she be better fitted to bestow upon her daughters physical and spiritual "health, wholeness, and re-creation."

The new ideal of woman emphasizes her as in the line of evolutionary progress. She is a complete physical and mental organism, a self-existent individual with capacities, attributes, and powers of her own to be employed as her own volition directs. Yet she exists in a social order which claims the noblest use of all her faculties, and offers the widest opportunities for the exercise of these faculties.

* David Starr Jordan.

Her further evolution involves physical betterment. The last decades inspire hope of this development. Schopenhauer's stigma upon her as an "undersized, narrow-shouldered, broad-hipped, short-legged race" is fast becoming as obsolete as his pessimism. Scientific gymnasium tests prove woman's increasing strength, size, and muscularity. Common observations confirm the tests. From a group of college girls the question, "How many of you are taller than your mother?" nearly always evokes testimony that two-thirds of such girls excel their mothers in height. Official statistics of general comparative health and of death rates strengthen the belief that woman is rapidly gaining in physical power.

Man got his physical advantage by centuries of out-door life and by his struggles with difficulties. Women, in annually increasing numbers, are entering upon out-door work that requires bodily exertion. The census of 1910 shows that there are now nearly twice as many women working in dairies, greenhouses, and gardens as work in shops and offices. Many women have become builders, contractors, farmers, mechanics, blacksmiths, boatmen, sailors, pilots, surveyors, and stock raisers. In fact, women are employed in all but three of the bread-winning occupations of the country, many of these occupations requiring the open-air life. Increasingly women engage in out-door sports, including aviation.

Out-door work and games are not, however, for the

mass of women. To the average woman physical gain must come through better home and social conditions. How to make these conditions and duties, wifehood, motherhood, and free human life conduce to her physical well-being is woman's problem.

The substitution of manufactures for home industries, the new and varied devices for lightening her work in the home, school training in home economics, increased system in methods, breaking down of conventions of seclusion and exclusion, a growing love of gardening, of out-door sports and of walking, greater freedom in dress — all these afford to woman better opportunities to obtain physical vigor.

Like man in muscular power she can probably never become, nor will desire to become. Her physical strength will show itself in woman's way. A watch is as strong as a clock but strong in a different way as it serves a different purpose, the one, it may be in a clock tower, the other worn near the heart, clock and watch equally adapted to its work and set by the same stars.

Woman's Mental Capacity

Man's old physical supremacy has become mental dominance. In this realm woman's education — new in the number of students, the time given to it, the subjects pursued, the co-educational features — has begun to remove the traditional handicaps which have hindered her evolution as a human entity.

Darwin's theory, "Woman ought when nearly adult

THE WOMAN CITIZEN A WOMAN FIRST OF ALL

to be trained to energy and perseverance and to have her imagination exercised to the highest extent; then she would transmit these qualities to her adult daughters," finds in present higher education large application. The century of study together in elementary and secondary schools with equal mastery of the same subjects, the three-quarters of a century during which men and women have together or separately pursued the most difficult studies, the fifty-five thousand women who in 1913 have in college kept up a goodly succession, the eight thousand degrees given to women each year by co-educational colleges, and the additional thousands from the women's colleges, testify to woman's training in mental energy, perseverance, and imagination.

Education and altered conditions have given to woman (since the best authorities declare that her lack is "largely due to conditions and environment not fixed by her nature") the ability to generalize, to reason logically and abstractly. Experienced educators everywhere testify with Prof. Henri Bergson of philosophic fame, "I have never found any difference of level between the male and the female mind. Women have not yet had the opportunity to produce a philosophic work. But judging from their aptitude, men and women are equal. When I lectured to male and female students I experimented by giving the same subjects for composition to men and women. The results were that the papers could be mixed up and it would be

difficult to tell which were written by men and which by women." Prof. Albert Bushnell Hart of Harvard bears as a new convert similar testimony: "In nearly thirty years of teaching college women, I have found no male and no female mind. The logical processes of young women and young men in college seem to me to be the same in the same subjects."

To non-college women other large educational opportunities through schools, libraries, lectures, sermons, and invigorating human intercourse have been in recent years powerful developing agencies.

Only an undue absorption in petty phases of home vocations, in debilitating amusements, or in overhard tasks can blind woman to her responsibility for the fullest possible development of her own mind and personality.

Significant are the words: "If women are short-sighted it is because in the nature of things, the nearest things have been her province. If women have not a judicious mind, it is because the protection of the child has made her a partisan."* "The nearest things" in woman's province have affiliations with the great things of time and eternity and may for all women, as they do for many, lead to limitless thought and mental participation in solving the deepest problems of organic society; "the protection of the child" has world-wide application. Short-sightedness and partisanship are no longer creditable nor necessary for woman's vocation

* David Starr Jordan.

nor upbuilding, and they negate the dignity of her mind and of her vocation.

Reason, history, and science point out that upon woman herself, her education, physical and intellectual, her attitude, her choice, rests her ability to make inapplicable to the woman of tomorrow man's indictment of her powers and aptitudes. Environment and heredity are not fateful, changeless forces which it is useless to combat.

If so lamentable is man's view of woman's defects and deficiencies her task is plain: self-indulgence and effortless ease, the continuous avoidance of trouble and high endeavor even to secure the nobler pleasures of a developed personality are barren and ignoble. Begin now to make the heredity of the future woman the best possible; give to her, and, so far as it may be, to the woman of today an environment more nobly developing. Educate her faults and weakness out of her, cries the voice of common sense.

Woman's Means of Progress

The agencies for securing progress are manifest.

1. Brain power depends largely upon will and personality. "The brain need not be left with its congenital equipment. Very many new functions and capabilities stamped as physical alterations on its protoplasmic substance" * may be fashioned by the human personality itself. By constant attention and repetition

* W. Hanna Thompson, "Brain and Personality."

the individual fashions, layer by layer and piece by piece in the gray matter of his brain, areas of vocal speech, of word comprehension, of association. By a long and incessant repetition process, the human personality may thus effect in the brain stuff "a permanent anatomical change which will add a remarkable and specific cerebral function, not there before, not original, not spontaneous." Woman's will to increase intellectual capacity has been too little evoked.

2. The assumption of long-neglected lines of serious thought is necessary. The stricture is true that women in general in a mistaken exclusive devotion to their children "have neglected to give serious thought to those activities common to both sexes such as economic production and distribution, crafts, trades, all growth in science, government, and religion . . . have through an inordinate sex distinction considered as masculine prerogatives the functions of making, distributing, ruling, and thinking."* However limited actual life may be, a limitless range invites woman's mind into strength-giving fields of thought where she may live near all the great interests of the race.

3. Occupational interests may help to remove woman's defects. "Human nature was made for acting and perhaps the most distressing and disconcerting situation which confronts it is to be played upon by stimulation without the ability to function. Modern woman is in . . . a condition of unrest and constraint

* Mrs. Charlotte Perkins Gilman.

which produces organic weakness for which no luxury can compensate. . . . The nervous organization demands more normal stimulation and reactions than are supplied. Many women more intelligent and more energetic than their husbands have no more serious occupation than to play the part of the house cat. The remedy for the irregularity, pettiness, ill-health, and unserviceableness of modern women seems to lie in a special and occupational interest and practice for women married or unmarried." *

An efficient investigator of occupations for women points out the benefits of a skilled occupation, "commercially for possible reverses; intellectually for a constructive habit of life; ethically for a courageous willingness to work, for practical and financial experience." † Miss Gill earnestly urges that after marriage and the practice of the science and art of wise family life, where a pre-arrangement has insured the wife's position in a partnership and not in dependence, she should hope to return in the second leisure of middle age to some application of her skilled application as a salaried or unsalaried social worker.

The core of practical sense in the two citations must be patent to all. The future woman may each have her enduring stimulation and her efficient weapon. For the unmarried woman of today the occupational interest seems a necessary step in her evolution. For the

* W. I. Thomas, "Sex and Society."
† Miss Laura Drake Gill, *American Magazine*.

average woman in upward progress the most potent occupational interest and stimulation, for the evolution of her faculties and aptitudes as for all gain, must be the home. She may find the home tasks, the ever-to-be-repeated drudgery a means, as is the home itself, to great ends.

4. Formal education through school or college for which a woman seldom grows too old, extension courses, lectures, books, art, and music associations, clubs — countless educational means are clearly developing agencies open in some form to every aspiring woman.

5. Participation in large altruistic enterprises has been the most potent factor in differentiating woman's growth in the last half century from that of former times. Fifty years of organized endeavor ranging from church missionary work and civil war philanthropy, through innumerable associations to the everywhere found civic associations of village or rural communities, have taught women coöperation, changed her social sentimentality into wholesome sentiment of helpfulness, transmuted through sympathy with dependents, delinquents and defectives, and all kinds of helpless folk, pitying love into motives for social service, compelled a large outlook, broad views, and the reputed lacking serious thought; most of all, the years have imparted that illuminating knowledge of actual conditions of life among all classes which every woman may, through participation in large beneficent enterprises

have, and which every woman needs for the broadening of her hereditary and evolutionary altruism.

The most appalling revelation of her experience has been that woman is exploited in all lines, that she is cheap in the commercial world, cheap in the matrimonial market, cheap in the thoughts of men, cheap in her own estimate of herself, cheap enough to be crushed to earth never in this world to rise again, through the "ancient evil" and the devices of the wicked.

Yet hampering limitations from without hinder the progress of helpers and helped in the struggle toward betterment. Woman has been enforced to seek some other agency for her own development and for efficiency in her altruistic efforts. The greatest waste in the world is that of childhood and of womanhood.

III. WOMAN AS CITIZEN

Sharing in Government

Many conservative men and women have, despite deterring traditions, reached the conclusion that in the further evolution of woman the weighty responsibilities of citizenship would be a powerful factor.

English history, and, in fact, that of many nations, shows that actual participation in the affairs of government has always greatly elevated manhood. Men have made progress in alertness and energy of mind almost in proportion to their share in governmental affairs. The responsibilities of citizenship have elevated per-

sonal standards. The opportunity thus to express opinions has led to self-development. It has made men more democratic, has overthrown monarchial institutions and established democracies.

"This change to democratic rule has not ushered in the millennium, but it has improved the conditions of millions of human beings. The men who vote are matured. . . . Democracy has educated and matured men; so it must educate and mature women." *

Citizenship has been dubbed in differing viewpoints, woman's flag of freedom, a symbol of spiritual emancipation, the satisfaction of abstract justice, a realization of ideal democracy as a State that asks all normal people what they want done, "based upon the participation in government of all classes and interests." † Citizenship is also an instrument for self-expression and self-elevation.

"Political responsibility, the character it demands and the recognition it receives will alter the nature and the function of women in society to the benefit of themselves, their husbands, and their homes." ‡

Every noble means of self-expression for woman aids in her advance. To be legislated for as incapable of judgment on great affairs, to be deprived of the dignity and defence of political participation is to

* Scott Nearing, "Woman and Social Progress."
† Pres. Woodrow Wilson, in *Woman's Home Companion*, Nov., 1902.
‡ Max Eastman, Address reported in *New York World*, Oct., 1910.

remain in the nature and position of a child — is the natural feeling of many a woman. It is necessary for woman's full maturity that she be able to express effectively her opinion on all matters that immediately concern her.

City councils, state legislatures and Congress are more and more dealing with moral and social questions, those of health and safety, work and wages, pensions for the poor and aged, and the like. These questions concern equally men and women. Every national affair — railway and trust combinations, international complications, peace and war, interstate shipment of liquors, the tariff, the currency, everything for the weal or woe of the nation is of as great importance to woman as to man. Her opinions can never, however, have weight in settling national or state questions until she has political responsibility for them. Nor will she form decided opinions on many of them until she has the responsibility and the restraint of citizenship. The expression of her opinion and the fact that she may effectively express it on all great matter would inevitably give her value and strength.

That strength and value woman needs for her own protection. Wendell Phillips is reported to have said, "I take it for granted that America never gave any better principle to the world than the safety of letting every human being have the power of protection in his own hand." From dangers and evils, from that greatest of horrors, the white slave traffic in its terrifying

extent, its monstrous cost, its devastating ruin, laws made and poorly enforced by men will not protect, as regulation has never regulated, nor segregation segregated it. Only an elevation of woman's recognized position, her consciousness of her own increased worth, her gain in practical knowledge and wisdom and her insight into causes, with the duty to coöperate with the present forces of law and order, and to enforce more adequate penalties for wrongs against women can afford to her increased protection.

Not alone for the removal of discriminations against woman nor for her own development and protection is coming to woman the responsibility of citizenship. To man's chief interest and aim in government, that of gaining and safeguarding property and its rights, it is woman's duty to add her own chief interest, human welfare. Man's practical sagacity she may well supplement by her idealistic tendencies and in the body politic prove it true that "the sexes are more idealistic in what they do together than in what they do apart. Family life is on a higher plane than is life outside the family." * To bring the business of politics nearer to the family would undoubtedly be to straighten out many crooked political paths.

The realm of government as that of private life, needs the reaction upon women of man's reputed virtues of veracity and courage, and needs also the reaction of woman's traditional virtues of chastity and

* Max Eastman, Reported in *New York World,* Oct., 1910.

temperance upon man. Not intentional selection but conditions are guilty if "all the qualities which they deemed undesirable for themselves men have abandoned to the so-called weaker sex." * Under changed conditions in the associations of citizenship, the virtues of each sex will have effective influence. In the new democracy in which government will exercise its noblest function in securing human welfare, man's instinctive leniency to guilt and woman's pity for pain will together mete out justice and mercy.

Organic society needs woman's gift of intuition, of quick comprehension of personality to combine with man's large powers of generalization, and thereby avoid in legalized social reform the now frequent sacrifice of individuals or sections of individuals by one-sided action. Woman's altruistic tendencies, generally more active and earlier developed than man's (in girls at twelve or thirteen, in boys at fourteen or fifteen), may not wisely be withheld from the organic society of which she is a part. Her attempts to express her broadening altruism have often been largely only palliative. The united political efforts of man and woman alone can duly express the growing human sympathy for every one who is "an hungered, or a stranger, or naked, or sick, or in prison."

It is indeed woman's way of thinking and way of seeing that she owes to the State, to be united with man's.

* Scott Nearing, "Woman and Social Progress," 1912.

Rabbi Stephen Wise, pointing out that if participation in citizenship through the expression of opinion by a ballot, is a right it ought not to be withheld from woman; and if it is a duty women ought not to be exempted, adds pertinently: "None in the nation should have power or privilege without the responsibilities which these involve. The time has come for a draft, as for men in war, upon the women of the nation to serve the nation in every way in which service can save and exalt democracy, to serve themselves in every way in which citizenship can magnify and enrich the life of womankind as democracy has greatened the life of man."

Woman owes to the nation some of the time now wasted in amusement-madness or in frivolous pursuits. Playing or working at philanthropy or on altruistic projects frees woman no more than it frees man from public duty. Serious work in constructive administrative political lines is, for her own sake, for the sake of the nation, for the sake of the ever-dearer home whose welfare she cannot otherwise adequately promote, due from woman. Not academic theory but long political experience in smaller fields gives assured promise of woman's further evolution as humanist when she is, through valuable service to her whole country, also a citizen.

The Summons of Citizenship

Citizenship, present or prospective, is for woman a summons:—

To faith and courage. The timidity of woman is her greatest hindrance. "Women have stood outside the issues of our mutual life,—outside business except as employees, outside the vital questions of municipal life—inheriting their politics as they have in the past inherited their creed." * Hence their fear of the unknown. The call now comes to exorcise the bugaboos of tradition by the power of facts and of reason:—

Experience proves that true womanly qualities are too firmly founded on immutable laws to be shaken by the fall of a ballot. The dignity of political privilege and power increases personal influence. Home duties, easily and without detriment, combine with public claims. The loss of woman's traditional "pedestal" is, since there are not enough pedestals to go around, more than made good by the firmer footing of common sympathy and fellowship. With the nearly three girls to one boy in the High Schools, the one hundred foreign-born women to one hundred and twenty-nine men, the five and a half criminal women to two hundred criminal men, the two hundred "good" women to one "bad" woman, who is no worse than the "bad" citizens who have debased her and who as a white slave is a better citizen than the white slaver, the politically expressed opinion of the ignorant, the foreign-born,

* Mrs. Ellen M. Henrotin, in *The Chicago Tribune.*

the debased women cannot be quite fatal. Woman's ignorance of business and of government can be aided by the knowledge of experts as even masculine wisdom is sometimes assisted, and if the modern Portia is "unlessoned, unschooled, unpracticed," "she is not yet so old but she may learn. . . ." "she is not bred so dull but she may learn." She will never conquer her ignorance until the prospect of needing knowledge is her motive. Emotion and sentiment may not, united with masculine coolness and reflection, have any more evil effect than did the wave of feeling that freed Cuba and educated China.

No danger is so menacing as that of the moral cowardice which would deter women from contributing to organic society her God-given inspiration and enthusiasm. Frances Power Cobbe long ago wrote: "A woman should be as averse to saying, 'O, I am such a coward' as to 'I am such a thief.'"

Citizenship is a summons to woman to enter by attention and practice a new world of thought. The mind of woman has seldom as yet felt the influence of large scope and of opportunity. Excerpts from "Sex and Society" * hint at causes and remedies: "Nowhere in the world do women as a class lead a perfectly free intellectual life in common with the men of the group. . . . The mind and the personality are largely built up by suggestions from the outside, and if the suggestions are limited and particular, so will be the mind. The

* "Sex and Society," W. I. Thomas, 1908.

world of modern intellectual life is essentially a white man's world. Few women have entered it in the fullest sense. . . . At present we seem justified in inferring that the differences in mental expression between men and women are no greater than they should be in view of existing differences in opportunity." Differences in opportunity will disappear if women are willing to take the trouble to build up mind and personality by attention and practice upon the great suggestions of national interests. They may enter the world of modern intellectual life in the fullest sense and enable their daughters "to absorb from childhood it unconsciously and consciously as a child absorbs language."

Citizenship summons to a deeper study of the science of government, of historical and present politics, of the principles and spirit of American democracy, and of all kindred themes. Bad government is intrenched behind political ignorance. Detailed knowledge of "practical politics" of parties and of public movements, and of all the machinery of government by the people — of methods such as the short ballot, the referendum and the like, is in the line of privilege and duty. Most of all does actual service, whenever practicable, on public commissions, boards, bureaus, and in social work, give education and enlightenment.

Woman's citizenship is a summons to a special field, that of social legislation. Child welfare and the protection, through preventive measures, of the 29,500,000 children of America under the age of fifteen from the

evils of early labor, ignorance, the contamination of vice, injury by preventable poverty, crime, and disease, is woman's fitting care. Woman's welfare — the conditions, hours, and wages of her labor, pensions for needy mothers and widows, protection and legal defense against her exploitation in every form — makes its appeal to "The World's United Sisterhood."

The welfare of the home — the effort to "keep house" for the City and Nation, to extend to the larger home of all the people the care, the sanitary conditions, the pure food, air, and water, the essentials of good housekeeping for the private home, is also in her special province. Her endeavors in these lines hitherto have resulted largely in a transfer of the movements which she inaugurated from her hands to political control where her coöperation is, without citizenship, not possible. Woman's responsibility for the weak and helpless will be her "care and conscience" in public life.

The new citizenship calls to all women to contribute to government the moral qualities traditionally imputed to her, to verify such opinions as Judge Lindsey's, "In all moral issues the women voters make a loyal legion that cannot be betrayed to the forces of evil," * and Jacob Riis's, "Women have the moral end of it."

Not in rights but in duties is based woman's interest in the modern movement, is founded chiefly on her concern in the moral issues involved. The new opportunity

* Judge Ben Lindsey, "Beast and Jungle."

A HAPPY GROUP

Believers in out-door air and sunshine

enforces the duty to embody in her own civic life and in the body politic much needed moral vigor and higher motive. The reputed moral defects and weaknesses of women have no place in the new earth wherein dwelleth righteousness. The blunt words to Yale College students have wide application: "You young men think you are going out to clean up the world, politics and all. But you've got to clean up yourselves first." * If woman's participation in government does not express the highest moral ideals, promote justice, advance moral progress, and lessen corruption and crime, her betrayal of trust will be fatal.

Her duty is larger than is suggested by the recent test questions for voters cited to the United States Senate by its Committee on Suffrage: "Will this class vote against dishonest persons for office? oppose dishonest measures? refuse directly or indirectly to accept a bribe or to offer one? place country above party? recognize the result of an election as the will of the people and therefore as the law? continue to vote for a righteous though defeated cause so long as there is a reasonable hope for success?" † All this and more — positive moral influences, strenuous effort to replace in political life self or sectional interest by solicitude for the interest of all the people, condemnation of trickery, even when it is for her own benefit, determination to secure fairness in the economic world,

* Rev. Hugh Black, June, 1913.
† Quoted from S. E. Forman, "Advanced Civics."

even at the cost of her own wealth, renunciation of the parasitical idea of her right to take more from the world than she returns to it in honorable service, efficient, realizable ideals of Democracy such as hitherto have never been really tried — these moral factors duty demands in woman's contribution to citizenship; it demands that woman help "to make over our social organism so that the world shall be more and more a kindly dwelling place for all the human family."

Opportunity is woman's duty to impart to public life a new spiritual element. Her spiritual intuitions and culture she holds in trust for all peoples. To be herself the representative of high spiritual values, of a conquest of the higher things of life over the lower, of the will to "put first things first," and to be the spiritual helper of man is, if she would preserve herself, the home, and the race from degradation, her high vocation. It is a brave new adventure upon which she is bound — to make potent in the councils and in the deeds of the nation those high ideals of betterment which Christianity has taught and toward which all nations are moving, the ideal that the object of the existence of the individual of organic society is to manifest that "righteousness that exalteth a nation" and that love "which is the greatest thing in the world." Only thus striving will she fully answer the summons and help to hasten the time when "the low ideal of happiness — an increasingly easy gliding automobile existence — will lose its attraction through the religious awakening of

men and women who share in concerted progress toward a wiser and higher mental and spiritual goal." *

The Antagonisms of the Woman's Movement

"The ring fence of the suffrage controversy" does not enclose the woman movement. That movement has advanced far beyond the inevitably-overemphasized struggle to obtain an indispensable but not all-inclusive means by which she may take another step in the long ascent.

No sex antagonism bars her progress. Few women, even of the noble pioneers of the army of martyrs, attribute the discriminations against women or the undeniable oppression of large classes of them to man's intentional tyranny or avarice of power.

No loss of love and honor for men, no lowered ideal of manhood mark the movement. Woman's new purpose to live her own life, to be herself, to develop all her faculties, is based not on an impulse towards woman's ascendency, but rather on her desire to coöperate with man in noble enterprises in which she is deeply concerned. To rule alone she would deem as unwise for her as it now seems to her unwise for him.

The trend is not toward separation but toward a closer union in sympathies and interests, in social and political and moral realms, more of "mutual life together." "Men and women still form two distinct classes and are not in communication with one another.

* Ellen Key, *Atlantic Monthly*, August, 1913.

Not only are women unable and unwilling to be communicated with directly, unconventionally, and truly on many subjects, but men are unwilling to talk with them. Women are not really admitted to the intellectual world of man. . . . They have become thoroughly habituated to their unfreedom." *

To make untrue such an honest opinion, to make all the important affairs of personal and public life the equal concern of men and women is involved in the upward march.

Yet the new movement is a purpose to develop the diversity between man and woman. Woman in general does not wish to be man. She does not wish to confuse equality of position and power with identity of pursuits, manners, or methods. She looks forward to a new valuation and realization of woman as woman and as a human being, and rejoices in her womanhood. She believes that in due time even the black-robed women of the synagogue gallery, as they hear below the murmur of the men's praise, "O, Lord God, Eternal, King of the Universe, I thank Thee that Thou hast not made me a woman" will whisper an "Amen," and to their prescribed thanks, "that Thou hast made me according to Thy will," will add, "by Thy grace a woman." The average woman desires to be, except in freedom and opportunity, as different from man as nature intended her to be. How different that is no mortal yet knows. "Men and women have

* W. I. Thomas, "Sex and Society."

been so influenced by external modifying circumstances that their essential and radical characteristics have not manifested themselves. . . . Men and women are within certain limits indefinitely modifiable. Only actual experiment can reveal the respective fitness of man or woman for any kind of work or any kind of privilege. Only a complete equality in all things not otherwise ordered by nature, can manifest the diversity of sex." * A new womanliness will express her diversity from the ideal of manliness.

"The new criticism of one-half the human race of a civilization built up by the other half" has indeed already changed the world's attitude toward all vices, has given a moral and human factor to industry, has begun to change man's ideas of marriage and of sex morality, and has through education built up new modes of thought. The writer adds: "The new position of women in the world means that the intellectual and the moral standards of civilization are to be changed. They are no longer to be the expression of one sex slightly influenced by the other. They are to be the composite ideals of the two, . . . as the two will each be modified by the other as they come into fairer, fuller, and more equal communication." † Woman's part in this helpful criticism of one-half is valuable because she contributes her particular view of "how the other half lives" and wishes to live.

* Havelock Ellis, "Man and Woman."
† Norman Hapgood, *Harper's Weekly*, August 16, 1913.

IV. THE WOMAN AND THE HOME

The Betterment of the Home

The movement to emphasize woman as a human being irrespective of her domestic relations involves no detriment to the home. On the contrary it leads, as has led the dreaded higher education of woman, to the betterment of the home. Eagerness to secure in the business of the home better results for herself as a human being and as wife, mother, and daughter, to secure through changed conditions for all the members of the home and for all homeless and needy folk what the best home represents, is one of the strongest motives in the present social activity of woman.

Even that symbol, the ballot, only one instrument of progress, "that small thing for which Anglo-Saxon men have grovelled and lied and slaughtered and perished for a thousand years to win — namely, a little bit of the personal sacredness of sovereigns before their rulers and the law," * will be for most women valuable chiefly as a means, through the greatened character of the woman within its walls, of adjusting the relations of the home and of increasing its happiness and value.

Her more complete legal autonomy, her moral obligation of individual judgment, her economic independence through a common bank account or its equivalent, her enlarged sense of responsibility, will all react to the advantage of the home. The new stimula-

* Max Eastman, 1910.

tion of training girls for citizenship will maintain interest since it involves that change of character that requires time. Only generations can show fully the results of the moral revolution inherent in the modern tendencies. Home is the great factor in this change of character. The time and energy devoted to the general welfare of all, will yield to the woman in her natural place of business as they now yield to man in his man's place of business, large returns of efficiency and wisdom. Eagerness to secure for the home and for her relations there, as well as for herself as a human being, better results through changed conditions for all the members of the home and for all homeless and needy folk, is one of the most powerful motives of the present activity of woman.

She who lives exclusively in the private home, limited to intercourse mainly with inferior and immature minds, does not best serve the home. The only noble way in which a woman can stay at home and yet express through the home her highest ideals is by sharing as duty permits in all the forces which determine home conditions. That "all of life except the home is masculine" and that the home is "an annex of life way out at one side" is a fallacy to be combatted. To keep the home in its paramount place among social institutions is one of the great aims of the modern advance. The end must be the greater harmony based "on the companionship of men and women both within and without the home, made truer, nobler, more elevating

to both as the result of this freedom from the shackles of the past"—all will ennoble and endear the home.

The Extension of the Home

The welfare of the larger home of the community is also in woman's care. It is said that the nineteenth century made the world into a great neighborhood; this century's task is to make it into a great family where the interest of one is the interest of all, and where government is a human and not a sex function. In this family, women, the large proportion of them who are unmarried or childless, the other women who have still nearly half of their mature life left after the period of child-bearing and rearing, are called upon "to keep house" for the larger family as they do not now do, since the housekeeping has largely become collective and is in the hands of men. They may echo Sidney Lanier's wish in the joy of his first home-making, "How I wish the whole world had a home!"

"But to make the city a home, to elicit from discordant elements a harmonious total of warm, charming, livable life, you (man) will never do it by yourself. Don't you know that the greatest reserve fund of energy in any American city of today is the leisure or semi-leisure of certain classes of women!" *

They who fear that woman's fuller development, her enlarged activities, her changed viewpoint, will

* Lyman Abbott, *Outlook*, June 4, 1913.

weaken her strongest natural and acquired impulse — the desire to serve those whom she loves in the home where they together dwell, knows little of woman's nature. Whether she seeks self-culture, strives to become a part of the forces of organic society, combats the evils of labor conditions, seeks in marriage the realization of her ideals, or struggles for personal freedom of action, she does it not for herself chiefly; she renounces selfish ease to obey the voice of social duty, to make the future home nobler, and to make "the women of the future the regenerators of the entire human race." *

There are strong antagonisms in the woman movement. There is antagonism to the long cherished ideal of woman as a being to be supported in effortless ease by others without adequate return on her part, to have every want, every possible comfort and luxury supplied; to exert herself as little as possible. This ideal, cherished half unaware, as the goal of life by large classes of women rich and poor, young and old, often cherished by men for the women they love, of necessity bars all real progress for women. All history is eloquent with testimony that "habitual enjoyment of the result of labor without service rendered, or fatigue endured ultimately desiccates the moral nature and drains it of all capacity for effort." †

This ideal bars all healthy national growth, since it

* Alfred Wallace Russell.
† Olive Schreiner, "Women and Labor."

sees in distaste for social service an excuse for withholding it, deems reluctance to share the burdens of organic society a justification for inaction in the fight against social evils and for shifting the burden of it to less selfish shoulders, lets vague fears prevent the "incarnation of a living faith in a living service for the helpless," and fills the pleasant lounging places of the world with hosts of the socially and spiritually unemployed.

This ideal bars effectively also the progress of the race. For "if the parasitical woman on her couch . . . the plaything and amusement of man be the final and permanent manifestation of female human life, then that couch is also the deathbed of human evolution." *

Aspirations of Faith

Living faith sees in the manifested results of woman's higher education, of her growth in personality, of her contribution of social service, and of her citizenship wherever exercised a sure promise of:

—a noble wifehood in which the adjusted claims of individuality and of the intimate duties of a common life with another will lift the home, by the efforts of the two distinct coöperating personalities, to love and righteousness,

—a worthier motherhood with harmonized duties and powers united with the spiritual motherhood of the childless and unmarried to give to every child of man motherly love and self-sacrificing care,

* Olive Schreiner, "Women and Labor."

—an aspiring daughterhood which finds justice in the labor market, enrichment and knowledge in experience, and brings large gifts to the tiny family in the home of her own and to the great family of the whole earth,

—a vigorous womanhood progressing to full development as a human entity and using sacredly all her powers within and without the home for the service of humanity,

—a broadened citizenship in which men and women rise above partisanship and unrighteousness and make government express justice, well-being and liberty for the entire human race,

—a redeemed nation which proclaims to the world: "God is the governor of the world. The purpose of His government, the one design on which it proceeds is that the whole world through obedience to Him should be brought into His likeness and made the utterance of His character." *

The Prayer of Woman

Living faith sees the fulfilled aspirations of the Prayer of the Woman:

"Lord, but yesterday we lived inside four sealed walls, the hearth our earth, the family our world. Today the door and windows have swung wide and we gaze out. All about us we see strange and terrible sights; we hear hoarse and horrible cries.

* Phillips Brooks, "The Pillar in God's Temple."

"Lord, as to the blind, sight has come to us. For the first time we see the help that we can give. We see old wrongs that we must change; new wrongs that we must fight; old duties that we must forget; new duties that we must assume. We feel, as in a vision brightly, unguessed freedom, privilege, happiness, and strength that will inspire us. We see, as in a dream darkly, unknown care, responsibility, sorrow, and suffering that will affright us.

"But, Lord, we flinch not at the prospect. We thrill to the vastness of our task. We tremble with the glory of our privilege. For now, north, south, east, west, the walls of thy universe frame our home.

"Teach us to apply the treasured virtue of our life of the long quiet, inside the home, to our life of the long activity, outside in the world; our patience and prudence and perseverance, our meekness and gentleness and mercy, our long-suffering and endurance and forbearance, our steadfastness and fortitude and hope.

"And whatever of wisdom our ancient privilege of service has brought us, whatever of knowledge child-bearing and child-raising have given us, whatever of skill home-making and home-keeping have taught us, help us to give to that great family of ours whose home is the wide earth. Teach us to apply the growing virtue of our life of long activity, outside in the world, to our life of the long quiet, inside the home.

"And whatever of wisdom our modern privilege of service brings us, whatever of knowledge wage-earning

and independence give us, whatever of skill the battle with outside forces teaches us, help us to give back to that tiny family of ours inside the home.

"Lord, free us from the tyranny of the petty and the pretty, the futile and the feminine. Keep us faithful, self-sacrificing, devoted. Keep us simple and sincere. Teach us how to be humble without being weak, strong without being proud, firm without being cruel. Temper our quickness of perception with slowness of judgment. Teach us how to understand man. Help us to learn from him bigness of spirit and fineness of honor; to win with quiet and to lose with patience. Teach us how to work; to labor gladly at the task whose fruits are not of today but of tomorrow, and whose reward is of no time; to leaven labor and conviction with humor and to mix humor with sympathy and understanding. Teach us how to laugh. Teach us how to play. Teach us how to live nobly free. Amen." *

* Inez Haynes Gilmore, *Harper's Magazine.*

QUESTIONS FOR REVIEW. PART I

1. What was the position of the wife as portrayed in English Literature from the fifth to the twentieth century?

2. What changes have taken place in the United States in the wife's legal status? What causes long kept woman primitive?

3. How has the modern emphasis upon personality affected the wife's relation? How does a wife's undeveloped personality injure the home?

4. What legal authority has the mother in the United States over her children's life or conduct? Show the reaction upon the family of a mother's education or ignorance.

5. What chiefly attracts women to the professions? Is there necessity for women's entrance into industry? Give effects of wage-earning upon marriage and the home. Does wage-earning impair woman's dignity or charm?

6. What part respectively have physical weakness, habits, environment, and inheritance had in woman's defects? What necessity for woman's physical improvement?

7. How has woman's modern education diminished her mental handicaps? What opportunity for intellectual growth does the home offer?

8. What new lines of serious thought ought woman to take up? How does the low estimate of woman often lead to her ruin?

9. In what light may citizenship for women be regarded? How is citizenship an instrument for self-expression and self-elevation?

10. How can woman best contribute her moral and spiritual qualities to government? How does common citizenship lessen the separation between men and women?

11. Show that the betterment of the home is one of the strongest motives in the woman movement. In what respects is the home the greatest factor in the moral revolution of today?

12. What can make a city a home? Why does woman enter the struggle for a share in government? What promise for the future in woman's education, personality, social service, and citizenship?

SUBJECTS FOR SPECIAL STUDY

1. Marriage as a Sacrament and as an Ethical Contract.

2. The Mother's Responsibility for Infant Mortality.

3. Transformation of the Home by the Industrial Revolution.

4. The Wife's Partnership in Marriage as Aid to her Development.

PART II

Household Management

By MARION TALBOT

THE management of the home is sometimes called the most difficult of all professions. It is described as the foundation stone of national prosperity and of social progress. It is said to call for powers and knowledge of a high order. Women are urged to look upon it as their "sphere," offering them scope for all their ability and aspiration. Within the home are started and guided those forces which chiefly make for human weal or woe. The appeal goes forth from the pulpit and the legislative hall, from the school and the press that women shall not be turned aside from this high duty by the new interests and vocations which are opening before them or seek contentment and happiness in other forms of service.

There is, however, another side to the picture. It is one that many women know only too well. Drudgery, routine and monotony, economic dependence, financial stress, intellectual and spiritual starvation, self-immolation, these are the features of house management which impress many women. They do not have any chance to experience the glory that is said

AN EVIDENCE OF GOOD HOUSEHOLD MANAGEMENT
The Living Room should be comfortable and inviting.

to be in it. The aim of this article will be to harmonize in some degree these two points of view.

The Lack of Proper Training

Early in the seventeenth century Gervase Markham in his "Country Contentments" included in the requirements of the English housewife that she be "generally skilful in the worthy knowledge which do belong to her vocation." A study of social and domestic history shows that in all times the education or training of woman has been in essential respects adapted to the vocation which was by common consent assigned to her. The present age may be said to form an exception to this statement. The training usually given to the housewife of this generation consists for the most part of outworn traditions and leads to a blind following of custom. She attempts to fulfill her duties by carrying on a round of small economies, petty details, and unenlightened routine. She thus makes a fetich of those features of the household life of former times, which were then subordinated to the large interests characteristic of the household in which industries and crafts of various kinds demanded intelligent skill and business and executive ability. She is, for the most part, ignorant of the numerous changes which have gone on in society. This is not the place to trace the history of the industrial changes which have occurred. It may be briefly noted, however, that, during the first half of the nineteenth cen-

tury, spinning and weaving, the manufacture of candles and soap, and other similar household arts were transferred from the home to the factory. During the latter part of the century, the preparation of food became, in many instances, a factory process, as is seen in the development of the great packing-houses, the increased use of methods for the preservation of fruit and vegetables, and the establishment of milling on an international basis. The manufacture of clothing is now being finally developed, and bread-making is carried on largely through work of men in factories. In place of deciding what she should make, as her grandmother decided, the housekeeper today must chiefly decide what and where she will buy. The change has come gradually upon her. So closely were the older processes knitted into the very fiber of her domestic life that she failed to take notice of the change, and she goes on blindly struggling to retain processes in her house which no longer have a real place there, and believing that by her efforts she is conscientiously, if not very satisfactorily, maintaining the housewifely standards of her grandmothers.

The Unnoticed Changes in Social Life

She does not realize that in her new rôle of buyer she, with others in like positions of responsibility, determine the fate of workers, children in distant knitting mills, girls packing foodstuffs in remote places, underpaid women and overworked men, whom

she will never see, of whom she does not think. She is unaware that by her indifference and ignorance she tempts manufacturers to practice fraudulent adulterations, and endangers the well-being of the households less able to pay for skilled service, and so likely to receive less honest service than she obtains. She fails, too, to realize that the house is no longer an independent unit but, on the contrary, a factor in the community life, determining conditions affecting neighboring groups and affected by conditions which they, in turn, determine. She acquiesces, often quite unconsciously, in far-reaching decisions affecting matters in which she has deep concern and actually should have vital part, such as the organization of the school system or of the health department.

Educational processes have largely left the home together with the various industrial activities. The increase of urban life has developed health problems which were before unknown. While such matters are decided, for the most part, without her participation and by agencies having no direct connection with the home, she yields as if to the inevitable, although her judgment, if free, and her intelligence, if trained, would discover to her waste and inefficiency at every turn. Increased facilities in transportation and easy communication by postal service, telegraph, telephone, and the press, have completely changed many aspects of social life within the home, but she often fails to appreciate the value of these powerful agencies and

adapt them to the highest good of her household. On the contrary, they too frequently serve to emphasize the belittling details of her daily task and the latest fashion, a novel recipe, or a bit of personal gossip from a remote social group are the chief fruits which she gathers for her personal and family nurture.

It is not strange that in the confusion resulting from these great changes women should be perplexed as to the path they should follow. Advice, which seems to be of two different kinds, is freely offered them, and but adds to their dilemma. On the one hand, they are exhorted to make every possible use of scientific training and familiarity with industrial and social forces in order that they may be saved from becoming slaves to their domestic responsibilities and be free to live lives of larger usefulness and greater personal enjoyment. On the other hand, it is claimed that it should not be the sole aim of the housewife to make use of modern methods and appliances in order to conduct her home with the minimum outlay of time and strength.

The most scientific training and the cleverest mechanical skill are not sufficient, it is claimed, to carry household life to a desirable stage of perfection. Affection, charm, and devotion are qualities which must find scope within the household, even if some sacrifice of scientific perfection or economic efficiency is thereby required.

The Possibility of Domestic Efficiency

It should not be difficult to reconcile these two points of view.

The substitution of efficient for outworn practices, the use of intelligent power of adaptation instead of mechanical and meaningless routine, the wise coördination of household functions with those of the community at large, and the development of the truly social spirit in the place of an attitude of narrow self-sufficiency, do not necessarily mean the exclusion of those phases of home life and activity which give it a vital significance. Quite the reverse is true. Not only will the more effective method lead to better results on the material side, but the gain in efficiency will leave the housewife freer to give expression to those personal qualities which seem the "be all and end all" of domestic life. The persons who plead for them not infrequently urge at the same time an absorption in mechanical duties, forgetting that it inevitably leaves the spirit wearied and exhausted. Household management must be pleasurable if it is to be truly successful, and simplification, system, and an appreciation of real values will help bring about this result.

The consideration of these general principles naturally leads to a study of those measures which will embody the latest conclusions of applied science and of social economy, as well as recognize the importance of the relation of the home, on the one hand, to the

individual members of the family, and, on the other hand, to the community as a whole.

Household management implies three different factors, which are often disastrously confused. They are (1) housing, (2) housekeeping, and (3) home-making. It is true that, although each has a separate meaning, they all go together to make up one whole. The human body may be used as an analogy. There is, first, its structure or its anatomy, then its physical activities or its physiology, and, finally, its spiritual life or its soul. Housing is the material form which shelter takes; housekeeping is the direction or maintenance of the physical aspects of the house, while home-making is the crown of all, the nurture and development of that spirit which finds expression in the popular phrase, "There's no place like home." It will be convenient to follow this grouping in a presentation of the more detailed divisions of the subject.

I. HOUSING

The topic of housing may be conveniently discussed from two points of view, viz., its economic aspects and its sanitary features.

The Economic Aspects of Housing

A study of modern social and industrial conditions shows conclusively that the old-time homestead is an institution which has practically disappeared. It presented many advantages, but, even though it may

be granted that the flight of time has not given these advantages a fictitious value, it is useless to repine their loss. Great forces have led to the grouping of people in cities and even these centers of population are subject to fluctuation. Business and trade carry men from one town to another often for only brief periods of time. Even in a single town, there are many exigencies in addition to business, such as schools and social relations, which may make removal from one part to another not only desirable, but imperative. Such conditions not only interfere with permanence, but often result in making ownership of the house of doubtful good. Instead, then, of vainly lamenting the passing of conditions which were highly advantageous in a different social and economic state, the householder should study the new conditions. Considerations of economy, convenience, the future development of the neighborhood, financial security, comfort, probability of permanence, educational value, and sentiment are all factors bearing on the problem of choice of home and whether or not ownership is desirable. These points concern all householders, but are of special significance to those who live in towns and cities.

House or Apartment

Another question which faces the modern housekeeper is that of the relative advantages of the house, whether owned or rented, and the apartment. City

and town planning being very badly done, or, in fact, not done at all in this country. The growth of urban communities has taken place so rapidly that thought for the future has been crowded out by the need of immediate action for today, as a result, the apartment house system has been developed under the pressure of high land values and the pecuniary advantages of the joint use of common conveniences like yards, sidewalks, water pipes and drains. There has not been worked out at the same time a desirable plan by which some of the advantages of the separate house could be retained.

Many communities are now trying to solve this problem as new sections are opened for housing or as old residence quarters are condemned. In order to reach satisfactory conclusions, the experience of the housewife is needed as much as the skill of the landscape gardener or architect, or the knowledge of the sanitarian.

Meanwhile, as a practical proposition the householder is called upon to decide as between the house with its greater domestic freedom, privacy, space, and comfort, as against the uncertain cost of operating, greater amount of service needed, more restricted opportunity for absence or for moving, and usually greater distance from business, school, and friends, involving greater expense in car-fares and in time and strength than would generally be required in the case of an apartment.

Sanitary Needs

From the sanitary standpoint, shelter demands free movement of clean air, both without and within the house, means for rapid and complete removal of body wastes, plenty of diffused light, such freedom from standing water, rubbish, dirty streets, and smoky air as would disturb peace of mind, ample facilities for cleanliness, and plenty of space to secure, at least at intervals, that degree of privacy which health of body and of soul alike demand. The style of architecture and the social aspect or convenience of the locality are not the chief points to be considered. A house which is to be not only a beautiful but a healthful home must be considered with reference to the far more important points which have been named.

What of the Site of the House?

Special attention should be given to the actual site upon which the house is built, but not for the reasons which were formerly advocated. It has been disproved that a damp soil can in itself cause such a disease as tuberculosis, as was believed before the discovery of the germ without whose presence no amount of moisture can cause the disease. The belief now is that the relation between the disease and dampness is probably quite indirect. Even if it is true that dampness depresses vitality, as is sometimes asserted, it is also true that many symptoms which were formerly attributed to dampness are now known to be due to

other causes. Nevertheless the safe procedure is to avoid excessive moisture in the soil or a soil from which the surface water does not drain quickly and easily.

After the existence of disease germs was thoroughly proved, it was believed that the earth was crowded with them. It is now known that only one disease germ harmful to man normally lives in the ground and that is the germ which causes lockjaw. Other disease germs when they by one means or another find their way into the ground are under the influence of unfavorable conditions of food supply and temperature and are moreover unfavorably acted on by other germs which are hostile to them. In certain sections of the country animal parasites may be found which cause the so-called hook worm disease. These forms of life also do not normally belong in the soil. Their presence there is due to the unclean habits of people. The conclusions from these facts are clear. In the first place the ground itself need not be dreaded as a cause of disease, and in the second place, harmful organisms should not be allowed access to the ground if there is any possibility of their reaching people while they are still capable of doing harm.

Similar statements may be made in regard to the gaseous constituents of the soil. Ground air, or that air which permeates the interstices of the soil was formerly thought to be unwholesome. Now it is known that the slight changes which take place in the

ground air due to the natural decay of vegetable and animal life produce no ill effects. Even the emanations from fresh upturned earth are known to be harmless. The malaria which they were thought to cause is now traced to its true source, the parasite which infects certain kinds of mosquito. These statements do not mean, however, that the ground may not be the carrier of harmful gases. Leaking gas-pipes laid in the ground are a most dangerous source of pollution, since one of the components of illuminating gas is poisonous even in very small amounts. There is more doubt about the ill effects of gases from decomposing sewage and household filth, but since a heated house acts like a chimney and draws air through it, every precaution should be taken to avoid risk and to keep the ground entirely free from any gases which might do harm if drawn into the house. These facts again lead to the conclusions first that householders in settled communities are under moral obligations not to pollute the soil, and second, that since the actual conditions are not always known and the cleanliness of a neighborhood cannot be depended on, it is necessary for the householder to take such precautions as a careful study of the environment may dictate.

The Air Supply

Another point which is of great sanitary significance is the air supply. The location of the house must be chosen with this in mind. It should not be in the

neighborhood of leaking gas mains, objectionable factories, or defective drains. It should be on a clean, well-paved street, open to sunlight and with yards kept free from rubbish and dust. There should be no nearby chimneys smoking unduly. The house should be so related in its position to other buildings that air about it can circulate freely or at least be very seldom stagnant. It should be so constructed that air can move through it spontaneously or if it is built very tightly there should be inlet and outlet flues for air. In any case the windows should be easily opened and there should be as many porches and open air sleeping rooms as possible. It should be remembered that, with the knowledge that certain kinds of mosquito indirectly cause malaria, the old view that night air is dangerous has been disproved. It is, in fact, true that night air is usually purer than day air, since it is less liable to be laden with dust and smoke.

Light

If the points suggested in regard to air are followed, it will inevitably result that the house will have a proper supply of light. It is not necessary that, as is frequently urged, every room should have the sunlight a part of the day. The most important effect of sunlight is to destroy germs, but it acts quickly only when the sun's rays fall directly upon the germs. Diffused light acts quite slowly. Curtains, furniture, shadows caused in any way, greatly retard their bactericidal

A WELL ARRANGED SUN-PARLOR

First requisites of a home should be sunlight and good air.

effect. In consequence other measures i. e. cleanliness, must be adopted to insure freedom from germs. It is indeed fortunate that it is impossible to construct satisfactory shelter in such a way that there is a glare of direct sunlight in all the rooms. The effects on the tissues of the human body are harmful just as in the case of the humbler organisms which are called germs, and when the body is unable to protect itself by the process of "tanning" the skin burns. Moreover observations among different peoples show that it is a universal practice to avoid direct sunlight and seek shelter in caves, forests or other protected places. There are other harmful effects of light which will be referred to later. At this point it may be noted that the effect of light on the spirits or mind is often beneficial and may react on the body in such a way as to promote its well being and develop its power of resisting disease. Light is also a great moral spur to cleanliness, for it is much easier to neglect the removal of dirt which cannot be seen.

In many places the importance of light is recognized in an attempt to have houses so constructed that an adequate supply shall be furnished through the windows. This is done by requiring the size of the windows to bear a certain relation to the area of the floor, usually one-tenth. But, as the proximity of other buildings, the draperies or other factors may shut out the light, it is clearly much more effective to require that the windows shall be of such size as to admit a

suitable amount of light, which can be determined by the ability to read ordinary type at a fixed distance from the window during the middle of the day.

For artificial illumination no system is as good as electric lighting, which fortunately is rapidly becoming available, even in places which are somewhat isolated. Housekeepers should give every encouragement to the promotion of efforts looking to the satisfactory use of this same power for cooking.

Plumbing

An important feature from the sanitary standpoint in the construction of the house is the system for the removal of solid and liquid wastes. The remarkable development in recent years of the water carriage system has brought plumbing, both from a pecuniary and from a hygienic standpoint, within the reach of nearly all people. Advance in knowledge and skill has shown that the system can be used even where there are no public sewers. Properly constructed tanks may be placed near the house and processes of purification will take place so that the water, rendered quite inoffensive, may be easily disposed of within a limited area. In fact, no system is comparable with this from the point of view of health as well as convenience. The day has happily passed when plumbing was considered a menace unless it was constructed at a cost which was practically prohibitive except to the wealthy. It has fortunately been proved that the air

from well constructed sewers and drains is not harmful and does not carry disease germs. In fact, the air in such pipes is usually freer from bacteria than atmospheric air is, since it is usually quieter, and any bacteria that may gain entrance have a chance to settle.

The question may be asked whether the gases and odors from decomposing matter may not be poisonous. It is not known that they have any harmful effect and moreover in any properly constructed and properly used system of pipes there should be no matter retained to decompose and give off offensive gases. When waste matter is quickly and completely removed by water no objectionable results will follow. Many conditions which are objectionable result from the multiplication of devices to prevent so-called "sewer gas" from escaping, the effect being to retard the flow, make offensive decomposition inevitable and greatly increase the cost of the plumbing. It is worth while for any householder to study the building regulations and the plumbing code of her town and learn to what extent they are burdened with requirements which are ineffective and based upon wrong theories.

Instead of reducing plumbing fixtures to a minimum and absolutely prohibiting them in bedrooms or rooms without a window, as was formerly done, sanitarians are now urging the more general use of plumbing as a safe and adequate means of maintaining proper standards of personal and domestic cleanliness.

It was formerly thought necessary to have plumb-

ing very complex. Much greater simplicity is now advocated, and thoroughness of construction is better understood. The initial cost of installation is usually decreased and cost of maintenance is always lessened, while there is no comparison between this system and more primitive methods from the point of view of service demanded or gain to health and decency.

The Heating Appliances

In the construction of the house the heating appliances need intelligent attention. Generations ago, when the open fire was practically the only means of heating, the discomfort due to uneven temperature was undoubtedly counteracted by the benefit derived from the movement of air, or so-called ventilation, which was a necessary factor in the system. In these days of greater efficiency and economy in heating methods and of tightly built houses the housekeeper should see to it that in securing uniform temperature throughout her house she makes provision also for fresh supplies of air and prevents the contamination of the air through defects in the heating apparatus. Experience is showing that a common heating plant for several houses or even for a small town is very satisfactory. The actual cost of the heat is not lessened, although it is likely to be with further improvements, but there is a great economy of labor and trouble for the individual housekeeper and corresponding saving in money outlay.

The Water Supply

The water supply is one which is of chief importance to the rural housekeeper. In cities and towns the public supply may usually be depended on as adequately pure and wholesome. In the country, however, each householder is obliged to give attention to the source and quality of the water and to see that it is protected at every point from harmful pollution. An abundant supply and easy methods of securing it are essential if cleanly conditions are to be maintained.

The House Itself

It is perhaps natural that in the choice of a house one should consider first of all the impression it makes as to attractiveness or style. It needs, however, a very short experience in a house which has been built with this weakness of the prospective occupant in mind to teach the importance of looking beyond the decorations of the front hall or the carved woodwork of the parlor if one desires comfort, economy or even lasting impression of attractiveness. The quality and finish of the woodwork are matters quite apart from its elaboration. The situation of diningroom, pantry and kitchen with relation to each other will make a difference in the time and strength needed to serve a satisfactory meal. The arrangements of closets, the ease of communication between different rooms, such as those used by mother and children, the direction in which doors open, the height of the stair treads, the

arrangements of the cellar for light, air and storage, are among the points of construction which are not always observed. A woman who has had occasion to rent her house several times relates that when people examine it, the man is usually the one to concern himself with the essential though less conspicuous features of the house, while the woman is apt to content herself with inspecting its more superficial arrangements. The inference that the woman is not always mistress of her sphere may not be correct, but there are many similar experiences that would justify it.

II. HOUSEKEEPING

While it is true that the term "scientific management" is now used to mean that the returns from human labor will be as profitable as possible in dollars and cents rather than productive of richness of life, it is possible to apply the principles involved much more intelligently than they are at present applied to household processes. The result should be not the reduction of the household life to a merely mechanical effort to lighten labor, but to set free from toil forces needed for the enrichment of household life and the transformation of irksome toil into efficient service. It must be frankly admitted that the household is not a form of organization whose function is pecuniary profit. This is by no means synonymous with saying that the expenditures shall not exceed the income or the amount of money invested be greater than the

value of the goods bought. It should mean that the returns from scientific household management must also be in terms of comfort, satisfaction, enjoyment, growth, education and individual and group efficiency. It is clear that there is ample scope for a large range of knowledge of science, economics, psychology, and other subjects, as well as for such qualities as judgment, tact, forethought, and all that is included in the phrase "common sense."

Efficiency Methods

There is no necessity for the housekeeper actually to perform all the processes which she directs, but she should know enough of the principles involved to estimate the cost in outlay of money and time and to suggest less costly and more expeditious methods. It is along these lines that the modern housekeeper is sadly inadequate. She does not, as the saying goes, "make her head save her heels." Let any woman engaged in housework scrutinize her motions and she will be convinced that many of them are utterly futile. Her next study would be ways and means of increasing the efficiency of herself and her helpers. She would then learn several points.

First, such equipment as the kitchen table or sink should vary in height according to the anatomy of the worker, so that the necessary motions might be short and not unduly fatiguing.

Second, proper tools kept in good repair and dis-

carded when outworn are essential and careful experiments should be made to determine what sizes and shapes are actually most "handy" or efficient for a given worker to use.

Third, there is often much waste in attempting to utilize poor or spoiled materials.

Fourth, the clothing worn should not be such as to interfere with rapid or short motions, and long sleeves, tight waist bands or full skirts should not be allowed to take the place of clothing designed and specially adapted to the work to be done.

Fifth, the physical environment, such as temperature, air supply, humidity, and lighting, are all important factors in determining the ease and quickness with which many operations may be carried on.

Sixth, study should be given to lessening the number of motions given to a process and to making them as automatic as possible.

Seventh, careful planning of a process in advance of beginning it, such as laying out all the materials and utensils needed for making a cake, will result in much saving of strength as well as in greater rapidity, which is often a gain in itself.

Eighth, health is an important factor in efficient work and for this reason close confinement to the house and irregular meals must not be allowed in the case of the housewife any more than of the trained nurse who knows enough to insist on proper hygienic living as an aid to her best service.

Ninth, after eliminating unnecessary fatigue, provision must be made for recovery from that fatigue which is inevitable, or in other words, it must be realized that work done by a weary person is wasteful and that time spent in proper rest is well invested.

Tenth, rest may not mean idleness, though often a tired housewife is well justified in insisting upon a period for complete relaxation.

Furnishing

A feature of housekeeping to which the proper kind of attention is not often directed is the furnishing. This too frequently is regarded as a means of display and its true function of providing comfort and satisfaction is lost in over-elaboration and inartistic effects. Simplicity and adaptability should be the guides in choosing house furnishings. Nothing can be considered truly beautiful which destroys comfort or injures health. An over-furnished room surely brings about the former result. The latter follows first by preventing free access of light and air, second by laying unnecessary work on the housewife and using strength which is needed for other duties and interest, and third by forming catch-alls for dust. Hard and fast rules should not be laid down for everybody to follow. There must be opportunity for the expression of individual taste and preference. But for the sake of comfort and of ease in securing cleanliness, simplicity may well be urged. Smooth surfaces and

simple lines may be made very pleasing. Fabrics which can be readily cleaned are often very attractive. Aesthetic enjoyment can be secured through design and color whose charm is fortunately not measured by their money cost. Articles of beauty and adornment, such as carved wood and bric-a-brac, which give pleasure may be enjoyed provided there is service which should properly be given to keeping them clean and in good order. The use of gifts and souvenirs presents a problem. Personal association and sentiment is often the only reason for allowing them the needed space and it may be confessed that the memory of the giver would often remain sweet for a longer time if the troublesome or useless gift were made away with when the pleasure derived from it comes to an end !

As has been stated previously, strong light has its disadvantages as well as its advantages. In the furnishing of the house, provision should therefore be made to regulate the supply. Contrary to the popular belief, growth does not take place in the light but in the dark, as may be learned by watching a growing vine. This would seem to indicate that young children whose cells should be rapidly multiplying should be exposed to direct sunlight only in a sufficient degree to keep the hemoglobin of their blood in good condition. Certainly they should sleep in darkened rooms and when nervous and fretful they should be kept out of a glare of light. The same holds true for the elders whose nerves are often unduly stimulated by light.

The obvious inference from this is that there should be a carefully planned system of adjusting the light by shades, shutters or other devices.

The Control of the Air Supply

The control of air supply as to quantity and quality is a phase of housekeeping which is not always given the importance it deserves, although the standards of the present generation are a great advance upon those of previous ones. If the location and construction of the house are what they should be, the business of the housekeeper resolves itself into controlling sources of impurity and maintaining right conditions within the house.

Many impurities which were formerly supposed to be extremely injurious in their effects are now known to be harmless. Carbon-dioxide exhaled from the lungs or given off as a product of combustion of light or fires is an example. So also are other matters breathed out from the lungs which cannot be shown to have the poisonous effects formerly attributed to them. It is now known that the chief cause of the discomfort and resultant ill-health which frequently follow from breathing air of closely inhabited or unventilated rooms is the combined high temperature and humidity. Their effect in stagnant air is to disturb the nervous system in its effort to maintain the body at a constant temperature. If the air is made to move, even if only by a fan, relief is obtained at once and

will continue until the whole supply of air has reached the undesirable degree of temperature and dampness.

It is obvious that the circulation of air by natural means will accomplish the desired end and for this reason windows should be freely opened, especially if the house is so constructed that the natural movement of air through it is impeded. Further precautions may be taken by controlling the heating apparatus so as not to allow the temperature to rise above 64 degrees in a room occupied by a large number of people or above 70 degrees if only one or two occupy it. In artificially heated rooms occupied by very few people, it may be necessary to provide for humidifying the air, as otherwise it would be too dry for comfort. No added humidity, however, is necessary where a good many people are present, since they are constantly giving out water from their skin and in their breath. It has been shown that a temperature of 80 degrees with moderate humidity or 70 degrees with high humidity produces depression, headache and dizziness. Between 68 degrees and 70 degrees there is a so-called "neutral zone" where high humidity makes little difference and consequently may be ignored. A slight increase in the temperature makes the humidity evident and no amount of the purest fresh air will bring comfort if the temperature remains high and the humidity unchanged. The explanation of the relief brought about by the electric fan is that the warm moist blanket of stagnant air about the body is moved away.

THE LIBRARY: ALWAYS A SOURCE OF PLEASURE

Air in motion has a stimulating effect upon the skin and aids in the development of bodily vigor. This undoubtedly explains in large measure the beneficial results which come from living freely in the open. In a climate where shelter is needed during a considerable part of the year every possible effort should be made by the housekeeper to secure within doors outdoor conditions. Evidently this will require intelligent planning and oversight, based on scientific knowledge.

Evidence is going to prove more and more the importance of keeping indoor air free from bacteria and germs of various kinds. This should be accomplished by cleanliness, to which detailed reference will be made later, rather than by ventilation, which means moving large volumes of air and not always accomplishing the end sought.

No more poisonous gas is likely to be found in dwellings than carbon monoxide, one of the components of illuminating gas, and more and more emphasis is placed upon its serious effects upon the health. Every possible precaution should, therefore, be taken to prevent its escape. All connections of pipes, burners and stopcocks should be frequently tested. The gas metre should be watched occasionally when the gas is not in use to learn whether any movement of gas is recorded. If used at all, rubber tubing should be frequently renewed.

The odors from the bodies and clothing of persons are often very noticeable in badly ventilated rooms.

They are especially offensive if the air is damp, but they are not believed by experts to have any direct harmful effects on health. Persons may become accustomed to them, but unless they do the annoyance and unpleasantness may react on the mind with more or less serious consequences. As in any case they indicate unclean conditions of body or clothing, it is manifestly clear that they should not be tolerated. The remedy lies in removing the cause of such odors through the use of proper cleansing methods rather than in attempting to better conditions by ventilation. Odors from cooking may be prevented from making their way into other rooms by intelligent use of cooking utensils, of exhaust flues over the stove or of movement of air through the kitchen itself. Odors from the bathroom may be greatly controlled and practically done away with by immediately disposing of offensive matter. Soiled clothing should be kept in well aired closets.

Cleanliness

For two reasons this subject has a different significance in these days from what it had when sanded floors and hair cloth furniture were in vogue. In the first place, people are congregated more closely together and consequently more smoke, dust from the highways, and dirt of all kinds derived from human activities find their way into the house borne by the air or carried in on shoes or clothing of people than

was formerly the case. In the second place, much more is known as to the effect on health of different kinds of dirt, and from the hygienic point of view there should be discrimination in methods of disposing of them.

Both in quantity and quality modern dirt presents a very practical problem to the intelligent housewife. Aesthetically all dirt is alike objectionable when in evidence. Hygienically much dirt is harmless, other dirt is harmful when stirred up in the air and breathed in, while still other dirt is likely to cause disease if it comes in contact with people who are subject to infection. Ordinarily household dust such as soot, fibres from clothing or carpets, and bits of leaves is not pleasing to see and instinct leads one to flirt it off from the top of the piano or a table often regardless of what becomes of it, if it is only no longer seen. Should it contain hard gritty particles, such as sand, it may be breathed in before it again settles on a horizontal surface and in this case may cause irritation of the breathing passages. All dusts of this kind were once the bane of the housewife and she zealously and at the cost of much muscular toil kept up a perpetual chase after them, often with results not at all commensurate with the fatigue entailed.

The case is entirely different with those particles of dust which are known as micro-organisms or living plants of minute size. Even they should be divided into groups in order to determine upon effective

methods of dealing with them. There are those which are known as yeasts and molds, which cause fermentation and gradual decay. They thrive, as every housewife knows, in dampness and darkness; consequently even if present in light, dry rooms they can do no destructive work. Small as they are, they have weight and in quiet air settle down and are harmless. It is not easy to remove them from more or less rough surfaces, such as furniture, by currents of air. Accordingly it is useless to attempt to free a room from these organisms by means of ventilation.

Another group of micro-organisms is the one which the housekeeper needs to dread. No effort is too great to expand on eliminating and destroying them. These are the so-called pathogenic or disease-producing germs. When it was learned that various diseases, such as tuberculosis, typhoid fever and diphtheria, had been proved to be caused by germs, much alarm was aroused, for it seemed impossible to evade them under modern conditions of thickly settled life. Under the influence of this discovery, the view spread that any place where an infected person had been became itself infected and would so remain indefinitely unless drastic measures were taken to destroy the germs of infection. Then followed the period when great reliance was placed upon disinfection. Gradually more and more light has been thrown on the subject and those who are at least conversant with modern knowledge no longer feel so helpless, but realize that the principles

of control are within the reach of everybody. At the same time many if not all of the ordinary household methods of disinfection were shown to be useless, except for their quieting effects on the minds of people concerned.

It is now known that disease germs leave the body with its excretions or discharges and that after leaving the body they do not long survive, because they are not apt to find favorable temperature and environment unless they gain access very speedily into some other body. This may happen if the body discharges are not kept under control and rendered harmless by burning, by treating with strong disinfectants, or by the destructive agency of other germs hostile to them but harmless to mankind, such as are found in earth and water, and by exposure to sunlight. Clearly the most effective step to take is to train people in habits of personal cleanliness. This depends in part, of course, upon intelligence and knowledge concerning the results which may follow carelessness or neglect and it is especially necessary to realize that a person may bear the germ of a disease without having any symptoms of the disease which are apparent to himself.

From the standpoint of housekeeping the principles to be followed are simple. Every possible means for making it easy for the members of the household to keep clean should be provided. An abundant supply of water, both hot and cold, should be constantly available at different convenient points in the house,

especially near the toilet. With the disappearance of the alleged dangers from plumbing and with greater simplicity in construction this should not be a difficult matter nor a costly one when the object to be attained is considered. The water carriage system most effectively disposes of bowel discharges, as far as the house itself is concerned. Ultimate disposal and destruction comes usually within the province of public authorities, but, in isolated places, the beneficial germs working in the soil may be depended on to complete the process of disinfection if they are given favorable conditions.

Individual toilet articles, such as soap, towels, brushes, and handkerchiefs, should be freely furnished and their use insisted on, as well as exchanging them with other people strictly forbidden.

Insects, especially flies, may play a considerable part in conveying disease germs from one place to another. A remedy greatly in vogue is to destroy flies. On scrutiny this seems a clumsy way of dealing with the trouble. It is easy to prevent flies from breeding, but it is still better to prevent them from having access to infectious materials, which can be done by proper screening. However advisable it may be to "swat the fly" it is still more the housekeeper's part to "starve the fly." The same holds true of all kinds of household pests.

Bearing these facts in mind, it is inevitable that there is a possibility of household dust being unhealthful as well as unaesthetic. The conscience of the house-

keeper, however, need not prick here, as it would have in her grandmother's time, if dust is allowed to rest quietly when household exigencies delay its removal. It is much better so than thrown into the air and scattered about by a dry dust-cloth, a feather duster or a broom. The vacuum cleaner is a welcome device for removing dust without offence, but the housekeeper should be careful to choose one of efficient type, for they vary greatly. Some remove as many as 99 per cent of the organisms, while others only as many as 57 per cent. Those that are permanently installed and remove the dust through the sewerage system are more satisfactory than those which collect the dust in a bag.

Clothing

The task of selecting the clothing for her family is one of the most difficult for the modern housekeeper to perform rationally. Scientists have given dietetic standards prescribing the kinds and amounts of food necessary for persons of different ages doing different kinds of work. There may be disagreement among these scientists, but at least there are formulated standards about which to disagree. In regard to clothing, however, no attempt has as yet been made to formulate a standard. For many reasons the greatest confusion prevails in regard to the whole subject.

In the first place there is the question whether one will make or buy ready-made. As has been said, the manufacture of clothing is fast becoming a factory

process, and the hideous mis-shapen blue calico wrapper has been so widely distributed as to be termed by some the "American uniform." But the careful and economical manager hesitates before she gives up entirely the making of her own and the children's clothes and when she thinks of doing so she is frightened by reports of insanitary work places and underpaid sweated labor.

There is, too, at work always in connection with clothing the baneful influence of the merchant who is himself a victim of a wrong economic system. He would like to give "good values," but he must sell as cheap as he can and he must make as many sales as he can. He is, therefore, tempted to sell adulterated fabrics; he does all he can to emphasize the importance of being in the fashion and makes use of the arts of advertisement and salesmanship. The constant appeal of the printed page, of the skilfully draped window, of the tempting catalogue and the artfully presented goods is brought to bear not only on the housekeeper but on the boys and girls for whom she cares.

In addition to these difficulties created for her undoing, there are real difficulties for her to face. The question of the value of durability and greater cost or relative cheapness of goods which will not last so long is a real difficulty. The question of the extent to which she can control methods of laundering, so that good wash fabrics would have a chance to endure a reasonable length of time would determine this ques-

tion in the case of underwear; in the case of outer-clothing, the ways in which garments are soiled in her particular community and the cost of having them cleansed are determining considerations in the selection of fabrics.

In the selection of her clothing more than in any other of her tasks, the housekeeper will be led to think of the people who serve her indirectly and for whose conditions of work she is partly responsible. She cannot buy intelligently today and not have regard to her possible responsibility for the employment of children in the textile or knitting mills, for the underpayment of women who make the flowers on her daughter's hat, and for the excessive fatigue from unduly long hours of girls in shops.

She has long been able to reject the appeal of the aigrette for her bonnet, not only because of the cost in money, but the suffering to harmless beautiful creatures. She will begin to think now of the suffering of women workers.

Nor are the difficulties over when she has settled the questions already stated. Real confusion grows out of the fact that clothing serves several purposes. It is supposed to give adequate protection to the person against the discomforts of the weather and against contact with unpleasant substances. It is also supposed to meet the requirements of decency and modesty, and to answer the requirements of beauty. It is also a very good device for showing exactly how well off one's

family is, and so securing that position in the esteem of the community to which one's economic position entitles her. If, however, these purposes are to be served, great regard must be had to what one's neighbors think, and this prevents just the careful adaptation of expenditures to recognized needs and wants which is the basis of sound, free and wise economy.

Perhaps all the help that can be given at the present time is to state the difficulties. If the intelligent housekeeper will face them frankly, she will have taken a long step toward overcoming them.

Food

A very large number of women, possibly the majority, think first of the preparation and serving of food when housekeeping is under consideration. This is to a certain extent natural, for through all time the need of food has been imperative and the preparation of food has been the first task of the woman in the home. Among agricultural people she has even borne a large share of the responsibility of procuring it. The problem in our time is for most people not that of wresting nourishment from the soil. It is rather that of choosing intelligently from the vast stores which modern methods of agriculture and of transportation bring to the very door of the home.

The housekeeper has let the process of preparing raw food products, such as dairying, curing of meats, drying and preserving of fruits and brewing of bever-

ages pass from her hands, without realizing that new and vital problems connected with food supplies have come to claim her attention and tax her judgment. Cold storage warehouses, swift trains bearing foods from every quarter of the country, packing-houses and canning factories, creameries and delicatessen shops furnish her with such a lavish supply of foods so easily prepared for use that it is not altogether strange that she is led into extravagant display, physiological and pecuniary waste and eager efforts to outdo her neighbors in novelty of combination or of appearance of the dishes she places on her table. Other conditions aid in bringing about this result. Market day and the market basket with careful choice of foods and personal inspection of the weighing have vanished. In their stead are the telephone and the delivery wagon ready for use several times a day, if forethought has failed, or the mail order house and the parcel post furnishing goods ordered from a price list.

The readiness with which food supplies can be obtained and the disappearance of facilities for the storage of large quantities have led to the custom of buying in small amounts. Food laws, more or less wisely drawn and effectively administered, have come to take the place of the housewife's knowledge of the composition of her foods, which was the result of her personal part in their manufacture. These and many other changes must be borne in mind in considering the food problem.

Dietetics

The first aspect of the subject which the housekeeper needs to study is what is ordinarily known as dietetics, or the composition of different food stuffs and their combination in amounts and proportions suited to the nourishment of the body and its maintenance in health and efficiency. It is a curious fact that very little is known on the subject of the proper feeding of human beings. Until very lately all that was known was derived from scientific experiments in the feeding of domestic animals, such as cows and pigs. With the advance of knowledge of chemistry and physiology, it was fairly easy to see that the feeding of such animals should be carefully and scientifically conducted, if they were to be made a source of profit. The first nutrition experiments in this country on any considerable scale were conducted in agricultural experiment stations. After a time it began to dawn upon people's minds that the feeding of the farmer himself and even of his wife and children might be a matter of at least equal concern. Accordingly a rapidly increasing amount of information is at the command of the housekeeper, if she cares to spend time in the study of this important subject.

A few simple and fundamental principles should be mastered first. The body is a working machine and must derive the energy for its work from the food furnished to it and burned within its tissues with the aid of oxygen breathed in through the lungs. The

food which thus serves as fuel consists chiefly of starch and sugar from different vegetable products and of fats and oils from both animal and vegetable products. The body in burning these substances sets free the energy, which is then used in both voluntary and involuntary or unconscious movements. A part, however, is transformed into heat, which, if the body is in normal condition keeps it at a constant temperature. The body, however, differs from an ordinary machine in that it repairs itself as it wears out and the material to be used for this purpose must consist in a large part of a class of substances known as proteins, containing nitrogen and found chiefly in animal foods, meat, fish, milk, eggs, but also to some extent in beans, peas, wheat, and other vegetable foods. It has been learned in recent years that the body needs much less of this material for purposes of repair than was formerly supposed. The result is that there is a growing inclination to reduce the amount of meat in the diet. The needs of the body are undoubtedly as well met if the protein ration is low and there are the added benefits of saving the body from the burden of excreting the amount taken in excess of its needs and of reducing the cost of food, since the proteins are generally of higher price than other foods. In addition to these true nutrients, it has been learned that the body must be furnished with other substances, such as are found chiefly in fruits and vegetables, and which, while not very nourishing in themselves, enable

the body to make use of the nutrients and are essential if the body is to be maintained in a sound state of health and vigor. It is sometimes thought that poor people waste their money if they buy apples or tomatoes, possibly canned, but the reverse is true. The need of the body for such material is shown by the eagerness with which the very poor seek for green leaves as soon as spring opens after possibly months when they have been unable to provide themselves with what nature demands.

The actual amount of food needed varies greatly with circumstances. Age, size, climate, occupation, are among the factors which cause this variation. It is, therefore, impossible in this place to give exact figures concerning the amount of food which should be supplied or to do more than suggest that the making out of dietaries along the lines indicated is an important as well as an interesting duty of the progressive housekeeper. She will soon learn to beware of many statements which gain popular credence, although they are very often based on absurd and grotesque theories.

The dietetic needs of the body will be best met if the following principles are observed, viz., a considerable variety from day to day, a small variety at each meal, meat in moderation, milk, eggs and vegetable foods to satisfy a normal appetite, natural flavors, developed by careful cooking, rather than condiments and spices, regularity in meals, attractiveness in food, moderation

in amount eaten, especially by persons not engaged in hard toil, cleanliness and purity of food.

The Cost of Foods

It is true that most people are not able to choose freely from the food supplies which are in the market. In general it is necessary to buy with regard to the amount of money invested; in fact, even if the purse is not limited, needless extravagance in this form of expenditure is deplorable in a time when so many desirable ways of spending money are at hand.

It is, therefore, proper to give attention to food value in relation to cost. A glance at the advertisements of certain popular foods will show errors which should be avoided. From what has already been said it should be clear that different kinds of food serve different needs of the body. It is, therefore, incorrect to claim that any one kind of food is equal in nutritive value to any other kind. For example, a starchy food, even of high nutritive value as fuel, cannot be considered the equivalent of a protein food or one which furnishes other needed elements, and yet such claims are not infrequently made. The housekeeper before deciding upon whether a given food is nourishing should know for what purpose it is to be used. A meal in which there is already potato or rice or bread may be made more truly nourishing by adding egg or milk or lettuce or strawberries than by increasing the amount of the starchy foods. Moreover the addition

of substances which give an agreeable flavor, though not in themselves highly nourishing, may often be true economy for the two-fold reason that they make the cheaper food more palatable, as for example, maple sugar with cereals or griddle cakes, and that they may tempt the appetite of a person not in normal health, as in the case of oysters or grapes.

After having taken these points into account the actual amount of nutrient in the given kind of food with reference to its cost should be known. Various pamphlets published by the United States Department of Agriculture and books on dietetics give convenient tables of food values and the relative costs of different kinds of foods. The latter, however, sometimes need to be modified according to the prices which prevail in a special locality. From these different tables, it is not difficult to calculate when one food rather than another should be used to secure economy, as for example, rice at eight cents a pound rather than potatoes at one dollar a bushel, or eggs at eighteen cents a dozen rather than beef at thirty cents a pound.

Studies have been recently made showing the comparative nutritive value of different cuts of meat. It is clear that those cuts which have less water and more fat have a higher nutritive value, but as a general statement it is true that the cheaper cuts have at least as high nutritive value as the more costly ones. The problem is then reduced to these terms, viz., will it cost more than the difference in price to make the low

A PLAIN BUT HANDSOME DINING ROOM

priced cuts edible and palatable considering the possible additional cost in fuel and labor and wear and tear of utensils in preparing them for the table.

Again a food like potatoes or apples may be found at a low price. On inspection they are seen not to be of uniform quality. The question is then whether the net cost will prove to be low when the amount of poor material thrown away and the time and labor spent in paring and cutting out decayed parts are taken into account. Two more instances will suffice to show that actual economy in buying foods is not determined solely by the market price. A tramp through the rain or mud to buy sugar at a half cent a pound less than the regular market price may injure clothing and consume time and strength of still greater value.

Or again, such food as strawberries may be had at a low price if bought in wholesale quantities at a large market, but the cost of transporting and the almost inevitable spoiling or loss of some of the fruit is seldom realized, although possibly the upsetting of personal or even family plans in order to start the preserving kettle and save all the fruit possible is an experience that is not forgotten.

Food in Packages

A modern device which tests the housekeeper's wits is that of doing up food products such as sugar or crackers or coffee in small packages rather than selling

them to her in bulk. It is very popular to plead for the return to the old custom. When the family is large, the storeroom adequate, and the supplies under the personal watchfulness of a thrifty person, it is doubtless an economical custom. There are, however, many advantages on the other side. Greater cleanliness in handling is secured, since the goods are not exposed to contamination between the factory and the place of consumption. It is often much more easy to handle small lots in the storeroom or pantry. Flavors are often retained better in small packages than in large lots, as in the case of coffee, and the crispness of crackers has to be restored by heating if they are bought in bulk, besides the inconvenience, if not waste, of having many of them broken. There is also the possibility of loss through invasion by insects which offend the aesthetic sense even if they are not otherwise harmful.

The statement is sometimes made that it is wasteful to buy foods which are "out of season." This term has lost much of its significance since refrigerator cars speeding from the south or far west bring fresh fruits and vegetables to northern cities almost as quickly and in much better condition than was the case when they were hauled in from the country by wagon. The advantage is often on the side of price for, as an example, fresh strawberries are frequently cheaper in the north in April or May than when the native supply comes in during June. It is still true that attention

should be paid to flavor and quality at whatever season the purchase is made.

Preserved Foods

The possibilities of the cold storage system should be intelligently developed. There is danger lest it be retarded by prevailing sensational and false statements which are made presumably in the interests of health, but which have little basis in fact or experience. Harm may come from two sources and attention should be directed to them. In the first place housekeepers should demand that foods should be fresh and in first class condition when put into storage, and in the second place they should appreciate the fact, as they do not seem to do, that cold storage does not insure that food will keep with any less care when it reaches the consumer.

The housekeeper should devise ways and means of securing the chief advantage of the cold storage system, viz., an increased variety of foods throughout the year at fairly uniform prices. It has been proved without question that attempts by dealers to hold food supplies at extortionate prices are bound to fail if the consumers show intelligent determination to prevent this kind of immoral practice.

The facility with which fresh fruit may be obtained throughout the year is tending to drive the old-time industry of "putting up" fruits out of the household. There are certain influences which serve to retain the

process in the home. As all the factors of cost are usually not counted, only fruit, sugar and jars being taken into account ("there would have to be a fire anyway") it is claimed that home-made preserves cost less than those made in factories, which is far from being the case in every instance. Then the tradition still persists that the ability of a housewife and her devotion to her family may be measured by the stores in her preserve closet, the hours of exhausting toil as a manufacturer in some cases having been given at the cost of those services which the mother or wife alone can give.

Pure Foods

Public opinion is rapidly demanding that food supplies shall be clean and free from injurious substances. Housekeepers should take an active part in this movement, but they should show discretion and judgment and not be misled by sensational and unscientific statements. The domestic practice of using preservatives, such as sugar, salt, or spice, any one of which is capable of doing harm to the body, should lead women to be cautious in condemning preservatives indiscriminately. Moreover current practices in regard to the adulteration of foods are apt to be fraudulent rather than harmful. If the housekeeper wishes to buy wheat flour, it should not be mixed with corn flour unless so labeled and a correspondingly low price paid for it. If she wishes jelly made from currants and sweetened

with cane sugar, she should be able to buy it, while if for variety and attractiveness she is willing to spend from her small resources for jelly made from apple parings, sweetened with glucose and colored with a harmless coal tar dye she should have the right to do so, for in spite of the charges that terrible results will follow, there is nothing in any of these ingredients that is in the least harmful. It is to be hoped that housekeepers will resolutely determine to encourage every harmless method of cheapening food products and to insist upon proper inspection and labeling, which are their real safeguards.

Overfeeding

A few words must be said as to the harm which may result from overfeeding—a danger much more liable to happen in the average well-to-do American family than underfeeding. When the body is given adequate nourishment, any excess means physiological harm. "Eat to save" is a precept most dangerous to follow. Undue tempting of the palate should be carefully avoided, while on the other hand it must be realized that attractiveness and palatability add greatly to the ease and completeness with which food is digested.

Finally, the American housekeeper needs to bend all her energies toward securing simplicity for hygienic, pecuniary and ethical reasons. Health is often sacrificed to over-elaboration of food, the pecuniary waste

is burdensome and the surplus energy and attention which often go toward providing the family table might much better be devoted to promoting physical well-being in other respects to say nothing of the higher aspects of family life which it should be the subject of material welfare to serve.

Household Accounts

However different in aim the home may be from an ordinary profit-making business undertaking, the two have this feature in common that intelligent and effective use should be made of the money resources at command. This is more pressing than it formerly was because it has become more necessary for money to pass through the housekeeper's hands as she has changed from a producer to a buyer, from a maker to a spender.

Every housekeeper should know exactly what resources are available if the family income is a fixed one and never be satisfied with occasional doles from her husband's pocket book. It would be exceptional to find a man who would attempt to carry on a business in the way that many men expect their wives to conduct their household expenditures. If the income is uncertain or irregular, it is all the more necessary that the housekeeper should be familiar with the circumstances and prepare to share in the problems involved. Many a woman is unfairly charged with extravagance and waste because she is not sufficiently informed as

to her husband's business to guide her in her expenditures.

It follows that a careful, simple and systematic account should be kept of income and outgo in order that there may be a proper apportionment between the different needs of the household and hints secured as to a more satisfactory adjustment. Economies may be practiced here or there based upon past experiences and ways and means suggested for meeting the physical needs at less cost, thus setting free resources for the satisfaction of the social and spiritual needs.

It sometimes happens that in the effort to practice economy the housewife becomes penurious or at least "penny wise and pound foolish." Occasionally, perhaps often, the saving of a dime or even a cent, is necessary although at cost of time and nervous strength, but sometimes little economies are practiced at great cost and the petty returns in savings have no compensation in comfort or satisfaction; in fact, often the reverse happens.

Domestic Service

The following points should be considered:

1. The elements in the cost of keeping a servant.
2. The lack of standard prevailing in the training and equipment of those who offer themselves as domestic servants.
3. The indefinite character of the contract of service.
4. The relative advantages and disadvantages con-

nected with the position of domestic as compared with other forms of employment.

The elements in the cost of keeping a servant are not always considered. The amount paid in wages is kept in mind, but the other factors of cost often escape the attention of even a careful housekeeper and one who takes real thought in estimating the satisfactions obtained from the amount spent in renting the family dwelling will allow cost amounting from half as much to quite as much as the rent to accumulate in maintaining a servant without becoming conscious of the fact. In addition to the wages there must be counted the cost of the room occupied by the maid together with its furnishings, the food she eats, the cost of any facilities used by her for her personal comfort, such as light, heat, and laundry privileges, the breakage resulting from her employment — although it is admitted that in some cases the maid is less awkward than the housekeeper herself — the temptation offered by her presence to use more food or more elaborate foods, the waste incident to her labor and any additional expense due to carelessness, dishonesty, illness, or other causes. This enumeration does not mean that the maid may not be worth all she costs and more; it means only that in estimating her value to the household, all the factors in her cost should be taken into account.

One reason why the cost of any particular servant is a matter of such uncertainty is because the skill and

efficiency of any domestic employee can be estimated only after trial. Up to the present time, the demand for domestic servants has been varied in kind and the service has consisted to a great extent of personal service rendered after the methods determined by the peculiarities, prejudices and predilections of the individual household rather than by objective standards of skill and efficiency based on the true nature of the tasks performed. In employing a new maid, it is, therefore, largely a matter of chance, whether the new acquisition is a "jewel" or a burden. Moreover in the case of many housekeepers who are determined not to perform many of the tasks about their houses or who are unable to do so, the bargaining capacity of the maids is so much greater than that of the mistresses that the mistresses have to take gratefully what they can get in the way of help and are compelled to pay about what they are asked. Under these circumstances it is not difficult to understand why the domestic servant demands and obtains wages out of all proportion to the prevailing scale of wages among girls of her general type employed in industrial or in mercantile pursuits, nor why she should enjoy exceptional privileges of various kinds.

There are, of course, to be observed on the other hand the helpless and mistreated drudges in homes in which the very life is sucked out of young girls who do not know their power and are really unprotected and miserable because of the same lack of standard in

the demand and equipment of those allowed to enter the domestic labor market.

With the lack of standard prevailing on the part of both mistress and maid, the agreement between them can be little else than indefinite. Neither knows exactly what the other can or will offer. Neither knows what she herself should offer. The item of wages is generally the one definite item of the agreement which covers on the one side the performance of the innumerable tasks necessary to maintain a household in health and comfort, and on the other, besides the payment of wages, the supply of lodging, food and all living conditions other than those connected with the periodic day or half day "out."

The custom of the place alone determines the requirement of notice and the extent to which the contract will be treated as an "entire" contract; that is, such that any failure on either side to perform completely will result in forfeiture of all rights to claim performance on the other side. So uncertain are most persons in making these agreements, and so numerous are the resulting controversies that in some places, notably in New York City, the Legal Aid Society has distributed small books informing mistresses and maids of their reciprocal rights and duties under the law and urging increased care in entering into the relationship.

In considering the relative advantages and disadvantages of this kind of employment perhaps the greatest disadvantage is the lack of standard already

discussed and the resulting uncertainty. As the tasks are not standardized, the methods which may have been approved by the last employer may be a cause of irritation to the new. As the hours are not standardized, the maid is tempted to make unreasonable demands for afternoons "out." If she does not, she may find herself with no time of her own. As living conditions are not standardized in one home, the maid's room may have all the comforts, while in another it may be insanitary and wholly unfit.

The great disadvantage of the employment as found at present is the fact that with the practice of "living in" comes a physical proximity accompanied often by no corresponding social intimacy. The maid is in the household but often not of it. This means a loneliness that is very dangerous, and a lack of protection under an appearance of safety which has been a source of great confusion.

The employment because of these features is even recognized as a distinctly dangerous employment morally for any but mature and well balanced young women.

The advantages of the employment are, of course, the variety and interest of many household tasks, the training and discipline which may be obtained from their performance as compared with the deadening monotony of much factory work and with the demoralizing influences often at work in department store employment, their immediate bearing on human com-

fort and well being and the value which skill acquired by the maid in another's household may possess when applied to the problems of her own home and family.

Many tasks once performed in the household have now been wholly removed from it; many now identified with ordinary family life will be taken over by the factory, but there will still remain many connected with the care of little children and the maintenance of cleanliness and comfort which render it most important that the demands of the mistress be standardized, rendered intelligent and objective, that the skill of the maid be standardized, that the "living in" be done away with or likewise both standardized as to conditions and humanized or socialized as to relationships.

When these results have been obtained, the occupation will command adequate compensation, attract the attention of capable young women, and lose its highly dangerous character and discredited reputation.

III. HOME MAKING

This term suggests practically unlimited phases of activity for the modern housewife, all requiring for their adequate realization not merely the so-called "domestic virtues," but trained intelligence, sense of values, power of leadership allied with ability to coördinate and coöperate; in fact, many qualities of a high order. It has already been pointed out that

scientific household management includes not merely the proper choice of shelter and the maintenance of right physical conditions within that shelter, but such direction of the life which the shelter serves as gives scope for its fullest and richest expression. This function, which may be called home-making, may be viewed from two aspects, the subjective and the objective, or, first, the activities which go on within the home and affect chiefly and primarily the members of the family, and, second, those activities which relate the household to the community as a whole and which in turn reflect the activities of the community in the home. In actual fact, it is not possible to draw a sharp line between them. The modern household is not an independent unit. The most intimate and personal doings within its four walls are allied at every stage with the complexity of the great social organization of which it is a part and those doings in turn help to create the atmosphere and mould the conditions which determine what the community as a whole is to be. "No one can live unto himself alone" is as true of the family group as of any individual within it. There are, however, certain typical interests of the family which may be taken as representing one group or the other. Happiness and hospitality, for example, are largely determined from within the home, education and economic and social well-being from without.

Home Making More Than Housekeeping

The pressure of those duties which provide for physical well-being is often so great as to blind the housekeeper to the fact that material comfort is not an end in itself, but should be made to serve as the basis for the expression of the higher qualities of the family. Many a housewife, known for her "immaculate" housekeeping, makes her family miserable in the process. In such households spring house-cleaning is a time of tribulation, a burned loaf of bread or a heavy cake may spoil the whole day for the family, and the making of preserves may throw all personal interests into the shade and call for the sacrifice of all independent plans for family well-being.

The chief problem of the housewife is, therefore, so to adjust the relations of the mechanical processes of housekeeping with the individual and communal activities of the family as to make the house and its maintenance serve constantly and solely for the higher satisfactions of life. Much is written about the sweetness of wifely and maternal affection in family life and the comfort and satisfaction there is in having all the business of the household permeated with its spirit. The danger comes when the more intimate and personal needs of the family go unsatisfied, because of the exaggerated importance which is ascribed to the actual participation of the wife and mother in the daily task.

There can be no exaggeration of the importance of

the motive if she seeks through making bread or pie with her own hands to achieve a higher degree of satisfaction for her family; but if the process exhausts a scanty supply of nervous strength and leaves her unfit to give sympathy, comfort and appreciation when she is turned to as the heart of the home, then she has chosen an unwise method of expressing her motive. The "mother love" is not missed in the flavor of the boughten loaf of good bread, but there is peril to the family security if it fails when it is sought in time of perplexity, sorrow or happiness.

The housekeeper in many cases must perform her household tasks without aid. The problem is to simplify them to such an extent as to leave time, strength and opportunity for contributing to the higher welfare of the family. Fewer kinds of food, less elaborate clothing, simpler furnishings may mean more time for the vase of flowers, the fire on the hearth, the story telling, the talk about the next day's lessons or the birthday party, the family song, the reading aloud, the helping with the doll's dress or the carpenter's tools, the surprise party or the candy pull, the sympathetic hearing of the difficulty with the neighbor's child or the misunderstanding with the teacher, the conference on the financial status of the family. Such things as these are the real factors in home-making and no housekeeping however excellent can take their place or bring the family life to its fullest realization or achieve real permanence for it.

The Problem of Hospitality

Another typical activity which has to do with homemaking is the exercise of hospitality. Here modern standards have gone sadly astray. False ideas of the purpose of hospitality have too generally taken the place of the true. The payment of social debts and the display of social power or pecuniary resources often crowd out or place in an absurd light the impulses of friendliness and generosity which are at the basis of that genuine desire to extend hospitality which characterizes nearly all human beings. Here again comes the conflict for the housewife as to the wise adjustment of her resources in order to secure her end and not to be lost in the purely mechanical or material process. The problem is made more difficult by the pressure of social convention and by the temptation to seek to imitate the customs which prevail in a different social group. Very often the result is far from satisfactory. Not only is the housewife worn out and fagged by her efforts and her family ill at ease with the unwonted display, but the guests whom she tries to please or impress are bored, fatigued or amused with her attempts. Even children are too frequently made to participate in forms of hospitality which have nothing to commend them. Plans for using social resources for pleasurable ends should be a part of all real homemaking and a firm stand should be taken against undue expenditure of time, strength and money and against absurd pretensions.

A MODEL KITCHEN

Modern conveniences make for efficiency in domestic service

The Home and the Community

Further illustrations of the function of homemaking where the home is practically an independent unit can not be given in this place. It remains to point out, although necessarily with brevity, some of the features of real homemaking in which the home is largely influenced by its environment or by the social group of which it is a part. Because of this relation it is clear that the homemaker should possess qualities and direct activities which will not merely prevent the home from being subordinate to the community, but will result in a positive contribution to the well-being of both home and community.

Education and the Home

Education was formerly a chief concern of the household, a "domestic industry," as it has been called. Such formal education as there was came largely through learning to read at the mother's knee, or studying under the family lamp during the long winter evenings. But there was in addition the development of physical vigor and manual dexterity through participation in the labor of the house or the farm and the training of the moral virtues through the somewhat stern discipline of the domestic life of the time. Conditions have changed greatly and the home has turned over to the school and to the influences of the social and economic environment most of its educational functions. It is true that an undue amount

of educational influence has left the home. An attempt should be made to use every opportunity which the home retains for training in power to coöperate and to carry responsibilities.

The obligations and privileges implied in ownership of clothes, books, toys, and other articles should be used to develop moral power and the chances to participate in the household activities and to contribute to the family welfare through the regular and faithful performance of given tasks should be fully utilized as a means of character building and training for the larger duties of citizenship. Even though the homemaker may lay proper emphasis on these methods of utilizing the resources of the household for the good of the family, there is a whole realm of education which has passed beyond the walls of the house and which in the popular judgment has passed also out of the hands of the householder. The school seems to have no relation to the home, at least it is not dependent on the home for its organization, administration, aims and methods. The fact is ignored that in truth the school belongs to the home. It is not a plaything for the politician, a job for the wardheeler's daughter or a source of profit for the book vender. That homemaking fails in one of its chief duties which does not make itself felt as the paramount power in the school system and use its influence in demanding that the school shall serve first and foremost the child in the home. This means that for true homemaking

the woman must leave her four walls and her so-called "sacred hearthstone" and take an active part in determining the scope and methods of the school system and devising more effective ways of making it contribute to the efficiency of the home and its product.

Education, however, is by no means limited to the school. Influences of many kinds react upon the individuals in the home from the society of which they form a part. The street, the shop, the playground, and the place of amusement contribute constantly, though often imperceptibly, to the sum of forces at work in determining the quality of family life. In the popular mind, what these influences shall be is thought to be beyond the province of homemaking. They are fixed by "the public" taste, will, or judgment. If they are objectionable or offensive, it is said that the homemaker has but to resort to seclusion or prohibition in order to prevent their entrance into the life of her family. The fallacy here lies in supposing that "the public" exists independently of the units which go to make it up. It is of course quite possible to accept supinely conditions determined by the more aggressive and dominating members of the group, but that does not mean that the individual family is utterly helpless. Influences of a higher order can be initiated by any family of judgment, discernment, and tact.

"Public" opinion can be molded without great difficulty and the social environment can be shown to be largely under control, provided it is considered in

the light of its relation to the home and active participation in it recognized to be a genuine function of homemaking.

A few determined, patient, and intelligent people can set forces in motion which will result in the supervision of children in playgrounds, the elimination of objectionable pictures and bill-board posters from public view, the control of disorder and nuisances in public grounds and vacant lots, and in other ways of determining social activities so that they will contribute toward the welfare rather than the deterioration of the family life.

The Home and Public Health

Another field which the housewife must enter if she is to fulfill her duties of homemaker is that of the public health. Here again the term "public" is misleading. It is easy to shift responsibility on to a vague indefinite something which is called "the public," whereas the truth is that there is no abstract "public," but only that group of factors to which every individual and every household belongs. In the same way there is no "public health" apart from the health of each individual and each household. Partly because of the ignorance of the different units and partly because of the greater efficiency and economy which results from coöperation under expert direction, many matters pertaining to health have been organized and placed under the control of special officers. This fact,

however, does not imply that the individuals and the separate households which coöperate thereby lose all connection with the problem. The reverse is the truth and every homemaker interested in securing right physical conditions as a basis for the best home life should actively and intelligently coöperate both in seeing to it that no harm to the health of others comes from her own home, and that the organized supervision of other homes and individuals shall be efficiently, wisely and economically administered.

Protection of water supplies from pollution, proper disposal of wastes, inspection of foods so that wholesome nourishment can be assured, control of infectious disease and maintenance of cleanliness in streets, workshops, markets, and other places where people congregate or from which supplies for the household are procured are matters in which the housewife should take an active and responsible part. She should help determine the standards to be maintained, select the administrative officers and constantly give her moral support to the best efforts which are put forth by those whom she has chosen to do this important service for her home.

The use of so-called "communal pleasures," such as the theater, the concert, the art gallery, and the museum in such a way as to enrich the home life rather than to draw the members of the family away is an important phase of homemaking. Coöperation in movements looking toward social betterment, and in

organized religious and civic work is a means of developing the best spirit in home life.

Finally no homemaking reaches its highest form of expression unless it is made to serve those who are weaker or less fortunate. In all homemaking there should be recognized the responsibility of using its resources for the benefit of the poor and the suffering, for only thus can the ideals of the home be fully realized.

QUESTIONS FOR REVIEW. PART II

1. What has been the ordinary training given housewives? What changes have made this training inefficient?

2. What possibility is there of the development of domestic efficiency? What factors does household management imply?

3. What are the relative advantages of owning or renting houses? What of houses and apartments? What are the chief sanitary needs to be met in renting a house? What importance is there in having the right site?

4. What should be the requirements to be met by a house in the way of supply of air and light? What of plumbing, heating, and water supply?

5. What does efficiency in housekeeping involve? What are some general principles of furnishing a house? What are the main points to be considered in regard to domestic service? Consider each in detail, with special reference to the lack of standardization in domestic service.

6. How may the air supply be controlled? How may dust be cared for, together with the germs which may be within it?

7. What principles hold in the selection of cloth-

ing for the family? What especial difficulties in this regard do the modern conditions develop?

8. What changes are taking place in the matter of food supply? What are some of the fundamental principles of diet?

9. What other elements must be considered in discussing the cost of food? Is cheap food always cheap?

10. How may household accounts be kept? Is there such a thing as "scientific economy"?

11. What is the difference between home-making and house-keeping? What part has education in the former?

12. What is the relation of the home to public health? How may the home be made the center of social service?

SUBJECTS FOR SPECIAL STUDY

1. The Home as a Place of Consumption.

2. The Control of the Home by the Community.

3. Forces Contributing to the Disintegration and to the Upbuilding of the Home.

4. Educational and Recreational Opportunities within the Home.

5. Industrial and Commercial Changes Affecting the Food Supply.

6. Rational Standards in Feeding.

7. The Principles of House Sanitation.

PART III

Child Welfare and the Home

By WILLIAM A. McKEEVER

I. The Physical Life of the Child

THE care and safeguarding of the physical life of the child is now recognized as both a science and an art. That is, there are certain well known principles which may be acquired by those who wish to know them, and which may be used to guide every-day practice. The most important of these rules and procedures will here be treated in detail.

1. From the moment of its birth the little child's life becomes a problem of physical direction. The interest and effort of the caretaker will necessarily be founded upon two fundamental processes, namely, nourishment and excretion. If the baby is born with a normal bodily form and condition, then the primary task of caring for its physical nature is to assist the baby to grow. Any person of ordinary intelligence, who is sufficiently interested, may soon learn how to take proper physical care of an infant child. The mother's milk has been proved to be by far the most wholesome and satisfactory diet for the infant. In case of this natural form of nourishment the prob-

lem of feeding and building up the child becomes a relatively simple one, requiring among other things a large amount of wholesome and nourishing food for the mother, and for the baby the provision to take its nourishment at stated intervals. A new-born child should be allowed to have its meals every two or three hours during the entire day, with perhaps a doubling of the period of fasting during the natural hours of sleep of the mother. This time between meals should be slowly lengthened out during the nursing period of the child.

A matter only less important than that of feeding the infant child is the attention to be given to the elimination of bodily waste. The little form builds and expands itself properly only through the medium of much tearing down and carrying out of waste matter. In addition to seeing that the bowel movements are natural and regular, there will necessarily be much attention given to the infant's bath. The body should be thoroughly cleansed daily. A warm sponge bath, drying gently with a very soft towel, and the safeguarding against draughts and chilling are a necessary part of the process. It is probably safe to say that the temperature of the water, the atmosphere, and the baby's body should all be about the same during the bath. After the bathing process is finished the little one is ready for a brief amount of wriggling, and perhaps a few moments of crying —a sort of baby gymnastic—and then it is time for

THE VERY PICTURE OF HEALTH

Such a physique furnishes an ideal basis for well rounded character development

another full meal. Under normal conditions the taking of nourishment of the infant child is followed by a period of an hour to an hour and a half of sound sleep.

2. It is interesting to observe how quickly the infant child will begin to acquire a system of habits of his own. Nature seems to call for regularity and rhythm in the little life, and her demands should certainly be heeded. After once the child's little cycle of life has been carefuly regulated he will follow it out with surprising exactness. That is, suppose he is fed every three hours during the period of a fifteen-hour day, and then once or twice at stated intervals during a nine-hour night; suppose, also, that he has his bath every morning at nine o'clock; that each meal is followed by a period of one and a half hours' sleep, and this by some cooing and twitching and crying; that the elimination of the waste products occurs at stated intervals — then, the little one will fall into this rhythmic movement and will tend to vary it only by the gradual extension of the periods between the performance of the important functions.

On account of irregular feeding and the misunderstanding of child life, some six-weeks-old infants are found to be in complete command of the household. That is, under conditions of irregular and careless treatment a child becomes cross, ill, irritable, or all of these, and he learns how to set up loud and hideous yells as a means of securing what he wishes. Thus

some untrained nurses are found acting in obedience to the child's unconscious dictates. He is fed, taken up and rocked, put to rest, and otherwise attended to only in response to the various distress signals which it is capable of giving. The only way to become free from this bad rule of irregularity and distress in caring for the child is to make out a careful schedule of processes for the infant life and to hold firmly to these for a few days. After that the child yields markedly to the force and habit of the rhythm and is thus much better prepared to lay a foundation for sound physical growth and mental development in the future.

3. As the child grows older and begins to get about the house, there will arise many new conditions tending toward various forms of physical irregularity. Among other important matters the creeping child should be safeguarded against catching cold. Carelessness in this matter often induces a physical habit that may prove hurtful to the end of one's life. A bad cold, so-called, always attacks the individual at one of his weakest physical points. After the cold has been repeated a few times the weakness tends to become permanent and the suffering something of a fixed habit.

It will be as necessary to feed the child regularly as when he was an infant in arms, to deny him the use of rich and highly-seasoned foods, as well as all stimulants and narcotics, and to supply him regularly

with such wholesome nourishment as will build up bone and tissue. This discussion is necessarily too brief to admit of a complete outline of methods and details for the child dietary. Certain volumes listed in the Bibliography will perform this service admirably.

Another important matter is to watch the child's breathing habits. If he sleeps with the mouth open, snores frequently, and shows fretfulness during the day, the assistance of a physician should be obtained. Examination will probably show the presence of a growth or nasal and throat obstruction that calls for treatment. Also the daily exercise of the child in the open air should not be overlooked. The caretaker must not forget that a necessary and important part of the child's nourishment comes from the constant use of a plentiful supply of fresh air both day and night. Some few children are undernourished from lack of sufficient wholesome food, others are undernourished from lack of a proper quantity of pure air. Both forms of neglect are serious and either may prove permanently injurious to the health of the child.

4. The discussion offered above leads us naturally to the understanding that the body and the mind of the growing child are very closely related. Not only must the body have its full supply of food, drink, and fresh air, but it must also have its well regulated system of eliminating processes, in order that normal physical growth may go on. Now this same situation

obtains as a necessity for normal mental development. The irritable, undernourished child is nearly always retarded in his mind activities. If he is suffering from adenoids or other such annoyances; or if he is not properly supplied with oxygen during both day and night; or, if for any other reason, the bodily processes are stopped and clogged and the physical habits are disturbed — then, we may be assured that the mind activities are not going forward as they should.

So the matter of educating the child has its substantial basis in the problems of health, diet, sanitation, and general physical care. Once being assured that these matters are in proper condition, we may feel confident that the mind training will go on with comparative ease. In fact, a fairly well-regulated course of home training, systematic instruction in the kindergarten, the school, the Sunday School, and the other traditional institutions — all these will tend to take care of the mental growth and development of the physically healthy child and round him out into a full measure of mental adulthood.

II. The Child and Its Play in the Home

1. The ordinary parent is just beginning to realize the tremendous significance of play as an agency of child development. While the play of the child is spontaneous and gives the player much enjoyment, it is much more than that, for its activities may all

be considered as so many steps in education. Slowly but certainly our mode of civilization is changing, so that the man who never learned to play during his childhood and youth is becoming more and more a misfit in society. If the natural impulses prompting to this instinctive exercise be suppressed for a few weeks, or years at most, the native interest in games and sports will perhaps never be made manifest during the natural life. The world still contains many men who complain of the profligacy of their times, and especially bemoan the supposed fact that "the children of today are so frivolous and not sober and industrious like they once were." Such a person is thus merely revealing a brief chapter out of his own past life, which says in substance that he was kept too busy during his youth ever to allow for time and opportunity to learn how to play.

Children are prone to fall into very narrow grooves of activity in their play and thus to lose the advantages that a variety of games offer. The little one should not be permitted to put in his entire day manipulating a few simple blocks and spools. He is not necessarily getting any special value out of his time simply because he seems happy and contented. We do not learn much from our easy-going experiences, but rather from those which constantly try our thought and patience. So with the little one playing about the house. In so far as conditions will permit of it, the processes and the materials of the child's

play should be frequently changed. There is such a thing as a play task or a play problem; that is, an arrangement wherein there is a possibility of both accomplishment and satisfaction over the thing done.

2. Even the common and unpretentious household may have all the necessary devices for the home play of the children, one of the first of these is a sand box. A box 2 x 3 feet and ten inches deep will be ideal for the purpose. Fill this two-thirds full of clean sand and add some tin cups, wooden spoons, "diggers," and discarded pieces of garden hose a few feet in length, and you have the materials suitable for many baby problems and processes.

A baby swing is the next important instrument of culture for the household. Make this as follows: Provide a thin, light piece of pine board one foot square and pierce each of the four corners with a three-eighths-inch hole, thus forming the seat. Next obtain four pieces of ordinary broom handle, each one foot in length, and pierced at both ends with the same sized hole. These will form the supports for the two sides and the front and back. From the electrician obtain four four-inch porcelain insulators and stand these over the holes in the seat with the side, front, and back bars resting on them above. Now obtain a piece of quarter-inch rope 25 feet long, cut in two equal parts, insert the four ends downward through the series of holes and tubes and tie each end in a firm knot underneath the swing seat. Finally,

tie a loop knot in each of the double side ropes, one foot from the upper terminus and the swing is ready to hang up by hooks in the open doorway. Hang the swing low, so the child may get in and out unassisted.

Something for climbing is always a charming plaything for a child of either sex. A soft cotton rope hung from the ceiling or an open doorway may partly serve the purpose. In addition to the delight of the exercise there will be much strengthening of the muscles of the arms and chest. A baby ladder six or seven feet long and made of light pine strips firmly fastened together is a most stimulating device. Strange to say, the little one will scarcely ever meet with an accident upon this helpful plaything. If there be no other device at hand then the stairway stair railing may be put into use as a ladder while the upper rail may take the place of a sliding bar. Some have made a simple sliding board by bringing into service an ordinary well-planed plank, the surface of which has been covered with floor wax. A large box or a table may serve to support the upper end of the plank.

We are not specially concerned here with enumerating the home playthings so commonly seen everywhere, but rather these inexpensive materials not so common and yet so helpful in giving the child's natural impulses full expression. If the caretaker once catches the meaning and spirit of play, realizes that

it is not merely for fun but also for physical, mental, and moral growth and a greater abundance of life, then the young learner will be more likely to have offered to him those opportunities which are his by natural right. We shall enumerate only a few more of the simpler devices.

A pound of lath nails, a short block of 6x6 pine, and a handful of short pieces of lath and split shingles, will furnish the small boy or girl constructive entertainment for a week. A cotton clothes line stretched from the tops of two chairs and running through a large harness ring with a cord suspended therefrom, will form the nucleus of many a "trolley" problem.

3. No child will play to greatest advantage without the associations of others of his age. Even in case of two or three children in the same home it is well to plan for a frequent intermingling with playmates in order that there may be a frequent exchange of ideals and practices of play. Children are not naturally inventive; they are imitative and need many model copies of activity as a means of stimulating their best efforts in practice. The ordinary mother should therefore consider seriously the matter of arranging with some of the neighborhood mothers for an exchange of calls on the part of the children of the several homes. For those who understand child life this coöperative dealing with the young is not a specially difficult problem. First of all, every mother must assume that she is to become a sympa-

thetic foster mother of all the children within the neighborhood circle. She cannot afford to deal very partially with her own child, and especially in cases where neighbor children are unfairly pushed aside or taken advantage of. A judicious and thoughtful mother states this important method of the exchange of help in child training in the following language:

"I am always pleased to have the neighbor children call on proper occasions and play with my own. At such times I make it a practice to treat them all in accordance with practically the same rules; that is, they are expected to observe my sympathetic orders, to treat one another fairly, to disperse and go home when the play period is over, and to be willing to receive the corrections and rebukes which I may deem it wise to give them. On the other hand, when my children return such a call I wish to have them treated in the same impartial manner. Obedience, childish courtesy, subjection to the same rules and regulations as the children of the home in which they are visiting, and the like — these are the methods of neighborhood discipline which help me most in managing my own children. I also feel free to report to other parents any serious misdeeds of their own children, and I most earnestly request them to return this same favor."

It is very helpful indeed for a small group of mothers to get together and deal with the children in accordance with the plan quoted above. Each

member of the group should feel herself personally responsible for the children while they are about her own home. She should attempt to provide plays, games, and all possible simple devices for the enjoyment and instruction of the children. The individuality of the several mothers will enter into the situation, so that the children included within the circle will learn something different at each place.

III. The Home Instruction and Industry

1. There is coming into vogue today a new theory of industry which every common mother should attempt to understand. In substance it is this: creative industry is one of the great factors in the upbuilding of human society. Every worthy citizen must be engaged in some sort of honest and helpful occupation. The necessary and the best of the world's work may be so distributed among the workers that none will be crushed or overburdened by it. In fact, when all mankind see their duty respecting this creative effort everyone will not only be willing to do his part but will find great joy in the performance thereof. Drudgery is slowly but certainly to be eliminated from common life. Idleness is likewise to become a thing of disgrace and to disappear. As a result of all this transformation of society it will be realized that every normal growing child must slowly learn through actual practice to participate in the world's work.

Just as soon as parents learn the meaning of the

A NATURAL BORN ARTIST

In case of such a distinct call from within the choice of a vocation is never difficult

industrial problem as suggested above, they will attempt to give their growing children such forms of childhood industry as will furnish strength to the body, discipline to the mind, and force to the moral character. Children are instinctively fond of work, but the tasks assigned them must be such as grow out of their native juvenile interests. The baby effort to construct something, the natural childish disposition to assist parents and other loved ones, the natural fondness for the creatures of the animal and vegetable world, the juvenile willingness to observe property rights and to take care of one's own possessions — all these instinctive traits tend to make themselves manifest in the ordinary child at Nature's own times and occasions. The mother will watch for these signs of life and interest and apply them to the home situation in ways that will discipline and build up the character of the young.

2. But again we urge that the mother must not think of the childish industrial effort merely in terms of its money value. It is a mistaken policy to train a child directly for money making. In the end this practice will show a permanent loss in the young life. On the other hand, the industrial discipline must be thought of more as a part of the general schooling, as a preparation for the larger spheres of activities of the adult.

Unquestionably the common child will of necessity be asked to do many things which do not exactly

appeal to his direct interests. In all such cases, however, the work task may be happily linked up with and related to the play activities. Let there be made out a sort of balanced schedule of play, games, and light industrial tasks for the growing child. Fit the amount and weight of all these to his age and strength as suggested by the bulletins, "Training the Boy to Work" and "Training the Girl to Help in the Home."* The child must understand that the mother is a sympathetic friend and companion, that she is directly interested in his own little affairs and is anxious to make all of his plays and games stimulating and entertaining. She will likewise appeal to the child's sense of justice and thus secure his willingness to acquiesce at times when she prescribes the industrial discipline for him. In the ideal case she will praise much and blame little; she will directly and by example point out every little deed to be done and speak in terms of love and confidence in respect to this juvenile industry. She will especially make it a point to have the child play and romp and work at regular intervals, just as she trains him with respect to his meals and his sleeping period.

3. In all this effort to train the growing child industrially the high ultimate goal of character development must never be lost sight of. The mother should think of her boy in terms of his future manhood. She should have many a fond dream of his coming ful-

*By William A. McKeever, Lawrence, Kansas.

fillment of physical stature, of his strength and resoluteness of purpose, of his cleanness and moral integrity, and she should frequently remind him of this splendid vision which she constantly holds for his life. In the ideal case the young boy will not only learn to converse about the sort of good man he is to become, but he will unconsciously take on those acts and attitudes toward life's practices which will tend to transform him into a man who tallies closely with the ideals so persistently held before him. In other words, there is potency and magic in ideals formulated in terms of concrete suggestion and applied to the growing life.

Likewise, in case of the growing girl, the mother must speak often and enthusiastically of the time when the little daughter is to be a full-grown woman, possessed of comeliness, of physical soundness, and of moral character and spiritual worth within. These enticing ideals frequently spoken of and seriously considered will tend to work themselves into the permanent thought of the growing girl. As a result, the outblossoming of her character will exemplify that divine law of spiritual unfoldment so well known to those who understand the secrets of the inner life.

4. But all this home work for boys and girls must not be without considerable serious thought of earning and saving. Every normal, honest man is fully capable of earning his way in the world and of saving and laying by at least a small portion of his earnings.

So with every worthy woman, she is not wholly dependent upon the efforts of some other. She at least coöperates in the affairs which make a home or a business successful and self-supporting. She knows how to economize in matters of shopping as well as in the use of the materials which are at her disposal. She is familiar with the fundamental principles of every-day business affairs and is capable of handling her part of an ordinary business transaction. But all these economic matters are not things in themselves; they are rather a part of the experience of a well-balanced adult life. So the mother must teach her children to spend their dimes and quarters wisely. This can be accomplished only through their own trial-and-error practices. They must be given a small amount in payment for the worthy tasks perfomed at home and sent out to shop and store with instructions to attempt to purchase the things they need.

It is a significant step in the economic training of a boy for him to become enabled to return from the shop with a portion of his own money unspent. It is likewise significant for him to learn to use a toy bank as a means of saving his small earnings. This may be accomplished only by careful and painstaking effort, but the effort is always amply rewarded by the permanent results for the character of the boy. The growing girl must also have the benefit of this same sort of economic discipline. She is entitled to a small money payment for at least a part of the home work

which she does, and she should be sent frequently on shopping errands, especially in cases where the purchase of her own materials and indulgences are involved. At the time of her return from the shop, there should be an accounting, with explanations and careful suggestions for the similar effort next to follow. The spendthrifts and wasters of the world's goods of today are nearly all persons who have been neglected and spoiled in the making, whose early lives were not subjected to the best and necessary forms of economic discipline.

5. Finally, it is urged that the home industrial training of the growing child must be planned in thought of his future vocation. Certain great trunk-line industries are, if possible, to be introduced into his boyish practice: such as growing things out of the soil or manufacturing; such as distributing the world's materials for use and consumption; such as imparting knowledge, giving instruction and planning for the world's uplift and betterment. And then, as the boy develops through his teen years, he will most probably begin to show an interest in some particular form of life work. A well-rounded training as a basis will make it possible and easy to help him choose, but the choice must be strictly in accordance with his most cherished interests and desires. At length, when he has settled down upon a vocation, it must be a sort of work which appeals to his fondest dreams and which calls out his finest native resources. Under such conditions,

one may be reasonably assured that his growing son is on the way to a successful career.

The ordinary mother is today in duty bound to give more serious consideration to the planning of her growing daughter's life-work than has hitherto been the case. We are just now entering an age in which women are to have a sphere of freedom and naturalness of activity never before known in the history of the world. In proportion as these opportunities open up to women will the demands upon their strength and native abilities increase. Most probably the great majority of the women of the future will become home-makers and mothers. These old home and maternal instincts are not destined to fade and perish simply because of changes in the economic and social world. So the mother must train her daughter first of all in thought of the child's growing up to become a normal woman with strong instinctive desires for a place in a good home. But in addition to this, and in thought of the possibility of an alternative vocation, the growing girl ought to be carefully trained and disciplined for independent self-support. Again, as was suggested in the case of the boy, the girl will need to be practiced in the larger and more fundamental industries related to the life of women. And then, as she approaches maturity, there will be much effort to question her own good heart as to what, aside from home-making, will give her the greatest cheer and satisfaction. Very probably the answer as to this alternative occupation

for the growing daughter will be something that more or less approximates the home life of women. School teaching, social service work, acting in the capacity of nurse, or even that of assistant in a good household—any of these may be considered as praiseworthy occupations for the woman who can devotedly throw her life into them.

It is not the intention here to enumerate the occupations which might be thought of in directing the vocational interests of the growing young, but rather to give a general outline of suggestion and guidance.

IV. The Home Life and Social Training

1. Children are naturally fond of the society of their kind and by association they gradually learn to be very fond of the company of older persons. The play and industry of the child may be constantly linked with sociability. Both of these are imitative as well as instinctive forms of activity. The child plays after the manner of those with whom he associates, and he performs childish industrial tasks more or less in conformity to the models set up by others. There is an important suggestion here, namely, that first-class models, both of play and of work, should be set before the young learner. There is such a thing as being very awkward and inefficient upon the playground as well as timid and reticent about taking any part at all. The play leader, or the mother acting as such in the neighborhood group, will do well to watch

the individual child and see that he is participating aggressively in the movements. Likewise, in case of industry, there is danger of falling into habits of doing things the wrong way and also of executing many false motions. Unquestionably some persons do their work with fifty per cent of the effort expended by others. Very modern and interesting tests have shown this to be the case in all forms of labor. The efficiency test in factory, store, and field is tending to eliminate those who do their work in a blind and bungling fashion. They must drop back. Indeed, many of them prove never to have been placed upon the tasks which fit their nature.

We are now ready to make our point, namely, that the child's nature must be understood and indulged in its peculiar ways in play and industry, in order that he may be joyous and spontaneous throughout it all. The happy workman has time for sociability. He feels a sense of mastery over his task, and naturally wishes to express his thought and feeling to others and listen to a rehearsal of their ideas.

2. But the thorough social awakening of the young does not come until the dawn of the so-called adolescent period, and then it appears with a great onrush of feeling and emotional unrest. The young person then awakens, as it were, in a new world. Hitherto he lived in a world of activities and things; now he is alive in the midst of a world of people. He imagines himself the center of a great deal of thought and at-

tention, and his mind runs most actively toward the deeds of other persons, especially those of his own age. This is the time of love's first young dreams and a most significant period in the development of the growing character. It is therefore necessary for the parent to take a new inventory of the adolescent child and to make out a new course of direction and training for him.

It is as natural for the young heart to love as for the sparks to fly upward. No sensible parent will think of shaming the fourteen-year-old boy on account of his youthful love affairs; nor will the thirteen-year-old girl be made sport of because of the fact of her instinctive interest in the boys of her class. The rule in all such cases is to work with nature's forces and not against them. The mother must question herself as to a method of providing innocent sociability for these youthful dreamers. The boys and girls in the grammar school, and especially those in the high school, should have many occasions for a brief intermingling on the playground, the school campus, and at an occasional party or picnic. But all these wholesome inter-relations of the young sexes will be safe and sane only under the personal direction of a wise and sympathetic adult person. It must never be assumed that a boy or girl of the adolescent age is too good to fall into some sort of error if wholly unguarded in his social conduct.

At the time of this first instinctive social awaken-

ing it will be well for the mother to think out a plan whereby she may render her child democratic. Both by direct and indirect means she must teach him to regard all classes and conditions of young people with a sympathetic interest. She will not permit him unnecessarily to find fault with others, but she will rather incline to overpraise the dull, to defend the weak, and to condone the deeds of the blundering young person—all this with a thought of deepening her own young son's or daughter's interest in the serious and well-meant trials and errors of other young people. It becomes a powerful asset in the life of the individual to have once acquired a genuine good will toward all humanity.

3. The problem of training the young life in respect to matters of sex will naturally appear, and it cannot be pushed aside. Some have called the sex nature a beautiful and divine thing; others have spoken of it as coarse and degrading; we are inclined to the former view. In discussing the secrets of life with the child, a very few principles must of necessity be observed. First of all, allow his questions and curiosity to guide the discussion; answer all of his questions frankly and pointedly, but always in terms of his childish thought and interest. It must be understood that the consciousness of the child does not reach at all into the points of interest and thought touched by the consciousness of the adult. Simply pause long enough to understand that the ideas of the child are

all derived from his own personal experiences and then you will recognize how little he knows about the mystery of his existence. As the child enters the period of true adolescence he will need a repeated explanation of the sexual situation. The organic developments of his nature will prompt him to make new inquiries and to search for new answers as to the meaning of his own life. Deal with him as formerly; that is, in terms that explain to the boy the meaning of his new physical nature; depict his possible future manhood of strength and force of character; train him in habits of eating, sleeping, and bathing, such as will be regular and conducive to a wholesome physical tone. Have him eat lightly of meat and highly seasoned foods; have him retire regularly and at a time when he will probably go quickly to sleep; do not allow him to practice the habit of lying in bed awake in the morning; see that his digestive tract does not become clogged; and by all means provide that his social conversation shall be preserved clean and innocent. All these matters will assist in preserving the sexual integrity of the boy.

A similar course of training will likewise helpfully build up the girl's character. As they grow older, to both there may be given a simple explanation of the function of the life fluid which irradiates throughout the entire being, giving strength to the body, clearness to the eye, and musical cadence to the voice. To both there may be offered a beautiful foreshadowing of the

time when they are to become members of families and have children of their own. All this will tend toward the sweetening and the purification of the young lives.

4. Certain social activities may easily be provided for the adolescent boys and girls. First of all, as stated above, they need to intermingle frequently. Open, rough-and-ready plays on the playground will prove most beneficial, provided the teacher or adult leader be always near at hand to correct excesses and to suggest the processes of the games. And then, it will be well to allow the growing boys and girls to go together in groups to afternoon picnics or excursions about the field and forest, and the like, but always in the company of a well-trained chaperon.

The matter of keeping company separately by twos, sex with sex, will develop by slow and natural degrees. Boys and girls will walk in small groups going to and coming from their school work. Occasionally and almost unconsciously they will, for a few brief moments, find themselves walking two and two and chatting familiarly, as should be the case. Still later, they may be allowed to go out at evening to well-guarded places, and, in instances where they collect in groups of four or more and walk by twos in procession, to some suitable party or other evening entertainment. Thus some of the most beautiful and profound lessons of the entire course of the human training may be inculcated, and all that in view of the time when these same boys

A YOUNG PLAY TEAM

These three brothers have been taught to play together co-operatively

and girls will become men and women — honest, earnest, sympathetic and patriotic citizens of the commonwealth — and dwell by twos as husband and wife, doing their share of the world's work, rearing in a beautiful way the children of their own household.

QUESTIONS FOR REVIEW. PART III

1. What are the two fundamental processes of physical growth? What special care does the nursing mother require?

2. What are some of the simplest rules for feeding and bathing the infant? How does the baby become "spoiled," and what is the remedy therefor?

3. What tests and remedies may be applied in case the child becomes irritable and shows a condition of retarded mind development?

4. Give some of the best rules as to providing fresh air, exercise, and sanitary safeguards for the child.

5. What is the most significant meaning of play? How may the scope and value of the play activities be broadened?

6. What simple play devices may be made use of in the most common home? Explain how best to provide playmates for the child in the home.

7. Outline a coöperative scheme for several mothers to use in directing the play of their children. What is a good rule of guidance and discipline for the director of the children in their group play?

8. Explain the fundamental meaning of child industry. What is a good rule for adjusting the task to the nature of the child?

9. How may the child be induced to take up habits of thrift? What is a good beginning of vocational training?

10. How may the industry of the young be related to their play and sociability? What is the two-fold problem of training girls for their life-work?

11. How may industry and play be made a part of the social life of the young?

12. How does a proper vocational adjustment increase the tendency to sociability?

SUBJECTS FOR SPECIAL STUDY

1. Learn what you can about the child labor laws of the country. For helpful information, apply to the Commissioner of Labor and the head of the Children's Bureau, Washington, D. C., and the National Child Labor Committee, New York City.

2. Make a study of the great play movement that is now spreading so rapidly throughout the country. For valuable data, write to the Playground and Recreation Association of America, 1 Madison Ave., New York.

3. Learn what you can about the special schools for training leaders in charity and social work. For information, address the magazine "Survey," or the Russell Sage Foundation, both of New York City.

4. To what extent is the government at Washington promulgating the new ideals of juvenile industry and play? The Commissioner of Education, Washington, D. C., will furnish much data on this subject.

PART IV

Women's Clubs Training Women for the Larger Citizenship

By MRS. PHILIP NORTH MOORE

Origin of the General Federation

CLUBS of various interests, literary and artistic, philanthropic, and social, had existed as individual groups from the middle of the 19th century. There was not organized effort on the part of such societies, except as church activities occasionally brought together those of the same denomination for the advancement of their special aims.

At the time Sorosis of New York City wished to celebrate its twenty-fifth anniversary, 1889, it was decided to call together all the clubs of the country, as we would call our friends to our homes for a similar purpose. To the surpise of every one, with the exception, perhaps, of that far-sighted woman, Jennie C. Croly, there were hundreds who accepted this unique call. They came, they saw, and they conquered, for they decided to form an organization which should be national in scope. They knew that the individual organization did not change their life; it simply gave a new view with a fine sense of responsibility and good

fellowship. They believed, therefore, in a broader outlook, a unity of work through diversity of opinion, gained by meeting more closely these splendid women.

The conservatism of the East, sometimes called provincial; the freedom of the West, sometimes called wild; the vigor and firmness of the North, and the gentle graciousness of the South, astonished each other and called out many signs of admiration, which has ripened into close friendship.

The prophetic instinct gave an aim and a name to this new organization, not touched by any other. The clubs that met on that memorable occasion were study and literary clubs, and reading circles; they hoped to become acquainted and thus broaden their horizon, but in spite of that sameness of interest they gave as their aim, "Unity in Diversity."

Although all the clubs were from the United States, they named the new organization the "*General* Federation of Women's Clubs," instead of *National.* When we realize that the Federation is now international in character, with clubs in China, the Philippines, Mexico, Cuba, Porto Rico, Sweden, England, India, West Australia, South America, and New South Wales, Canada, Alaska, and the Canal Zone, we recognize the international exchange, with the growth of which we must keep pace.

There are clubs formed of women native to the country in France, Germany, Holland, Austria, and Switzerland; there are clubs more on the settlement plan in

Dresden, Hanover, Wiesbaden, Halle and Stettin. The General Federation should be responsible for the best in all this great uprising, in guiding these forces toward wise results.

It was the current belief that the nineteenth century discovered woman, but in reality she was her own Christopher Columbus—the century brought her only a new outlook. Two inventions, the process of automatic weaving and the sewing machine, had brought to woman large leisure; while the decision of the early years of the century that she should not trespass on the higher education of her brother gave her the incentive to use this leisure in study classes.

Education and Municipal Housekeeping

From the time of acquaintanceship there have gradually developed periods marked by some distinctive advance, carrying forward all the interests of the past while following the call to more altruistic aims. Education had ever been of great moment to mothers, and it needed slight suggestion to start parent-teachers' associations, interest in school sanitation and curriculum, followed at once by the desire for school suffrage and the placing of women on school boards.

At the Louisville Convention the slogan was "scientific knowledge of educational principles."

The individual woman had always been the natural housekeeper; later the collective woman was as naturally the municipal housekeeper.

Then came at once the realization that the four walls of the home could no longer hold the woman who saw her responsibility to many homeless ones. The clubs worked for child-labor and for factory laws, and their concomitant compulsory attendance laws; they worked for industrial betterment, for manual training and domestic science in the schools; with the departure from their homes of the butcher, the baker, and candlestick maker, they were obliged to see that the municipal housekeeping was well done; the four walls of brick and mortar had broadened into the walls of the City, the State, and the Nation.

As the clubs grew in number they found it difficult to work together from Maine to California and from North to South; therefore the step, which should have been the first logical one, was taken to form State Federations. Since the charter, under which the Federation was incorporated, named Clubs as a unit, it was found impossible and, in fact, illegal to legislate out of existence the individual club. There has never been a time when the vote of the individual clubs could be obtained in favor of the logical organization, and we have in membership clubs, district, and city federations, State Federations, and affiliated national organizations, all having different dues and different representation. This serves only to emphasize the "Unity in Diversity."

During these years the organization had been wisely led, but it was still in the trial stage, that of acquaint-

anceship and outlook. • Gradually, but surely and sanely, we came to believe that this union of forces was here, not a happening, not for a few years, but that it was a part of the plan of the world, a helpful, uplifting influence toward enlarged opportunities and higher ideals.

In 1904 there came a great awakening under a great leader who introduced a systematic coöperation between states and clubs and the general organization; she coördinated the work of committees; she centered all forces in that working office, the Bureau of Information; she made the organization a power, from the smallest club to the large department club of the city; she brought out the autonomy of the State Federations, and made them our strongest allies, from which the splendid working force of the departments could be reinforced.

From 1908 to 1912 came unusual coöperation with many national organizations. They were constructive, alive to the needs of their special work; they recognized the persistent, conservative efforts of the General Federation toward right ends; they realized the power of organized, intelligent women, and asked assistance; they placed the president of the Federation on their governing boards, and the chairmen of departments on their special committees; they were interested in one particular phase, where the Federation was interested in many, touching conditions of women and children. The Federation, in turn, real-

ized that its power must come in urging its many diverse elements to coöperate with the specific agency whose work they wished to further.

Among the many organizations with which the Federation has coöperated are: The American Civic Association; The National Child Labor Committee, for child labor, factory inspection and compulsory education laws in the States, and for the Federal Children's Bureau; the National Civic Federation in welfare work in mills, factories, and mines; the National Prison Labor Association in prices of labor, competitive work, etc.; the American Federation of Arts in traveling galleries and slides, placing its department in colleges, and obtaining free entry for works of art; the National Education Association in the department formed with other organizations of women, to further educational interests in efficiency, in health and salary statistics; the Conservation Congress in conservation of natural resources, forests, waterways, and soils, and also the conservation of vital force; the Tuberculosis Association, both National and International. At the meeting of the International Association in Washington in 1908, the work of the women of the Federation was extolled for its preventive and educational features in the home and school.

These are only a few of the lines of coöperation, working through recognized channels toward best possible results. This is always a mark of efficiency.

It is not you or I that can put through the far-reach-

ing schedules of work undertaken on the General Federation's own initiative for the enforcement of pure food laws; for the abolishment of the white slave traffic; for improved physical and moral education; for clean streets; for humane industrial legislation; for a white instead of a yellow press; for literary, artistic, and scientific culture; for the complete socialization of women. It is the General Federation of Women's Clubs, not the individual, that can and does carry these things to a successful issue.

Conservation

Conservation, the word of the hour, has been no new word, no new thought to the General Federation. We have for the past twenty years examined into and conserved the life of the child, in *work* through child labor and compulsory education laws, in *play* through effective work in playgrounds, well equipped and superintended; in parks and baths, and in the use of school buildings as recreation centers; in the *home,* realizing that the housing conditions in the congested regions are a large part of the life of the child; in *school,* pressing medical inspection, and nursing inspection in the homes, to avoid the exclusion the former often implies; urging summer schools, also schools for the defective and delinquent, thus saving the waste of brain power and consequent mental and moral deterioration.

In the great conservation of the home, peculiarly

the field of woman, we have urged better equipment in our kitchens, simpler furnishings and sanitary surroundings, food both pure and clean. We have gone directly to the markets for inspection and to the laws of the land for regulations which will help the homekeeper to conserve the health of her household.

No agency is doing more for the home than women's clubs, and in none are the efforts applied more intelligently. All the subjects considered are intimately related to home life; all are of legislative interest; and to set them clearly before legislative bodies is not only the privilege but the duty of citizens, regardless of sex.

Most of the resolutions presented at the biennial meeting at San Francisco in 1912 dealt with the two matters which essentially and immediately affect the happiness of the nation; public health and the stability of home life.

In regard to public health, the resolutions pointed to several different lines of effort: One, for example, is to carry forward plans for medical inspection in schools, for the avoidance of contagion, for the correction of physical defects, for outdoor schools for those who need them, and for the employment of competent nurses. The machinery by which these plans will be pushed is naturally the Public Health Department of the Federation, coöperating with similar departments in the various communities. The methods of getting things done will be (1) by studying conditions; (2) by spreading information concerning them

through the press or by leaflets or pamphlets; (3) by serving on committees for changing them through legislation; and (4) by seeing that the laws are enforced.

To these will be added, as a strong working force for the future, the union and strengthening of the Governmental agencies relating to pure food, quarantine, vital statistics, and public health; the advocating of a single health service to coöperate with the health agencies of cities and states, without interference with the prerogatives of the latter, or with the freedom of the individuals to employ such medical aid as they may see fit. In fact, the desire is to have the work done in the most effective and most expeditious manner.

Another resolution provided for a request to be sent to the National Education Association that it appoint a committee of experts to outline an adequate normal course in personal and sex hygiene. This looks directly toward education in matters that bear upon the public health, while the department of the Federation will at the same time further the preventive and legislative work in the community. At the present writing this recommendation has been successfully carried out.

In this connection should be mentioned the work that will be done for supporting the health agencies already established. The Federation will assist the newly established Children's Bureau in getting statistics of births and deaths, and it will work for the passage of state laws requiring a health certificate be-

fore marriage. It will stand for such a reorganization of the Department of Agriculture as shall secure the honest and efficient administration of the Food and Drugs Act in the interests of the consumers of the Nation.

The Protection of the Home

Not less emphatic and not less practical were the resolutions that concern the stability of the home. Of these the most important are to urge (1) laws that free the married woman from disabilities not equally imposed on the married man; (2) laws that deal with the non-support and desertion of children by fathers; (3) laws granting to the mother equal rights with the father over their children; and (4) laws protecting the widow against impoverishment on her husband's death, and so safeguarding motherhood and the race. This work has already been pushed by the Federation and will be continued until conditions are as they should be. Since the differing marriage and divorce laws of the several States are in large measure responsible for conditions which are not for the common good, and lead to great confusion and conflict as to the rights and liabilities growing out of such conditions, the Federation stands in favor of securing uniform marriage and divorce laws and will aid wherever possible in this gigantic task.

One of the chief means of securing the stability of the home is good management of home economics. With the realization of this fact the Federation is

urging further education on the subject. The resolution passed at the biennial in 1912 was for coöperation with agricultural colleges and other institutions in holding household conferences in every community, and for opening departments in the public schools to study those phases of home economics that will introduce into the home the same scientific standards that pervade other fields of labor.

Home economics may be called the most needed vocational training for girls; but for boys and girls also, leaving school, the Federation proposes to secure Federal aid in establishing a complete system of vocational guidance and training. That result is probably still some distance in the future, but the women's clubs in the Federation intend to bring it nearer by every practical means that they can devise.

Probably one of the most significant forward movements of the Federation is the definite investigation of the immigration problem as it affects women, which is involved in the resolution urging upon women resident in, and contiguous to, ports of entry a thorough study of immigrant conditions, and suggesting that they work to impress the authorities with the need of women inspectors at all ports where women and children immigrants are received. This, of course, is aimed in part at the white slave traffic. Two other resolutions also concern this: one reaffirming the endorsement of the White Slave Traffic Act of 1910, and suggesting that a telegram be sent to the Senate

and House, to urge an increased appropriation to make the law effective, this to continue until the enslavement of women is abolished; the other to protest against the light sentences given to violators of the White Slave Traffic Act.

The resolutions that concern literature were three: One stands for the support and encouragement of a higher ideal for the stage, since it might present a vital means of social and moral education. The process of self-expression through action is wrought into our very structure, a spiritual opportunity of the highest order. The means of reaching such results will be decided by the sub-committee of this department of the drama; another endorses the Bible as a program for study because it affords a record of human experience of supreme importance, and its influence upon English speech and literature is invaluable; the third initiates a conference with the newspapers by suggesting concerted effort to have the comic supplements of the Sunday papers discontinued, or to have their character altered by substituting really humorous and artistic sheets which will educate instead of vitiate the taste of the young.

It is perhaps significant that among all these resolutions none concerns the great work of making over cities, in which women are playing so large a part. The reason for this is that none is needed. The work for clean, healthful, beautiful cities, in which people will have a fair chance to live and grow physically,

mentally, and spiritually, is moving now by its own impetus and will be furthered.

Preparing for Citizenship

One more work the Federation has undertaken is indicated by the resolution appointing a sub-committee in the Department of Education to study political science as a preparation for citizenship. The Federation is largely an educational force, and as citizenship is coming so rapidly to thousands of women it seemed wise to place under competent leadership a study of the science of government in the Nation as well as in the various States and cities; a study of immigration problems upon both the Atlantic and the Pacific coasts, with reference to this citizenship when thus given to a mass of people ignorant of our conditions, our needs, and our laws.

In other words, the Federation, as an organization, is not working to secure the ballot, but to prepare women to use it when it comes.

The very strongest and best thing that this organization can do is to educate all women for responsibilities that lie before them in the future in home, in State, or in Nation. Whatever we accomplish in the way of improvement of physical conditions of life, of conservation of natural resources, of better legislation to give the individual a chance, of the dissemination of book knowledge and the influence of art and music, of general public enlightenment, our most immediate

GRANDMA TELLS A FAIRY STORY

and appealing work must be the education of women —not a few women of the country—not merely in matters that concern the comfort and welfare and pleasure of themselves, their families, and their friends, but also in the citizenship that works unceasingly for the greatest possible good to the greatest possible number.

The General Federation has no "platform," unless it may work for women and children; its "policies" are its departments of work.

Julia Ward Howe called the organization a "peaceful army" and a peaceful army we are so long as we consider the beauty and order, cleanliness and health, the intellectual and moral stimulus of the home; but we are a fighting army when any part of that home is menaced.

We do not touch national issues, politics, prohibition, or religious tenets; we do not seek men's work, but always work with them when the right time comes. Let us prepare ourselves to take our place in the world with knowledge, with judgment, with poise, with conservative and yet progressive action.

By a process of elimination we may define our purpose: the General Federation is not a reform organization, though sympathetic with reform wherever it touches the weaker members of society; it is not philanthropic distinctively, though one of the greatest agencies for the study of methods; it is not purely sociological, though having a splendid record of serv-

ice; it is in no sense political, yet its influence and power are to be seen in every State and National legislature; it is not a university, yet by its means a great stimulus has been given to the study of science, literature and history in hundreds of American homes.

Through its membership of over one million strong it has been far-reaching in arousing public sentiment upon questions which make for good citizenship.

A continuance of this same spirit of union and fellowship will result in preserving an organization which will be not only a powerful but a determining influence upon the civilization of the twentieth century.

QUESTIONS FOR REVIEW. PART IV

1. When was the General Federation of Women's Clubs organized? Where are its constituent members now to be found?

2. What was the advance in Women's Clubs in 1904-1912? With what organizations has the General Federation of Women's Clubs coöperated?

3. How does a woman's club tend to conservation of social forces?

4. What are the relations of the Federation to the public health? What is its relation to instruction in sex-hygiene?

5. What has the Federation done to assure the stability of the home? What does the Federation propose as regards vocational guidance and training for girls? What plans is it suggesting to the federal government?

6. What are the plans of the Federation regarding literature? What as to education?

7. What are the limits of operation which the Federation has set itself?

8. In what way is the Federation preparing women for citizenship?

9. What is the attitude of the Federation toward woman suffrage?

10. What are the general policies of the Federation? How defined by Julia Ward Howe?

SUBJECTS FOR SPECIAL STUDY

1. Women's Clubs and the Standardization of Domestic Service.

2. The Municipal Opportunities for Woman's Clubs.

3. The Woman's Club and the Theater.

4. The Club as a School of Citizenship.

5. The Responsibility of Women for Public Health.

6. "Big Sisters" to the Needy.

PART V

Legal Aid Societies: For the Protection of Home and Family

By MAUD PARCELLS BOYES

IN the fall of 1885 the women's associations of Chicago decided to make a united effort for the protection of women and children in court.

There was a meeting held January 13th, 1886, in the Grand Pacific Hotel, at which time disclosures were made showing that it was not an infrequent thing for a man to engage a young girl, ostensibly for clerical work, for the express purpose of debauching her; that many girls were sent to the lumber and mining districts engaged by agents who pretended to be physicians, who later, should a legal investigation arise, could swear that the girls had not been virtuous. It was also revealed at that meeting that the law rarely punished offenders for crime against women and children. They were also advised that the age of consent in Illinois was ten years. At the close of the meeting it was decided that the Chicago Woman's Club would call a meeting of all the women's associations of the city for the purpose of forming an organization to be devoted to the protection of women and children.

This was done and as a result the Protective Agency for Women and Children, an auxiliary society to the Chicago Woman's Club, was formed.

The Beginnings in Chicago

At the meeting held in the club rooms on March 17th, 1886, there were present committees from the Philanthropy, Reform and Home Departments of the Chicago Woman's Club and delegates from other philanthropic organizations and rules were adopted for the governing board of the Protective agency.

Mrs. Caroline M. Brown, founder of the Chicago Woman's Club, was elected the first chairman of the Board, and Mrs. Fanny J. Howe, treasurer. Mrs. Howe's interest has never failed as she has been a member of the Board ever since and today is vice-president of the Legal Aid Society, which is the successor to the Protective Agency for Women and Children.

The following report of Mrs. Caroline M. Brown, which was the first annual report of the Protective Agency for Women and Children 1886-7, outlines the general aim and policy of the organization.

This report so admirably expresses the needs of free legal aid that we insert it here almost in full. The conditions which it describes will be found in all cities and towns where the poor are found.

"The man who means to get his living out of other people is quick enough to see that it is safer for him to cheat ten employes out of five dollars each, than

to defraud a wealthy customer of fifty dollars. The chattel mortgage fiend and sewing-machine robber never disturb the millionaire. The rich man's wealth protects him against great extortions, and his influence and power, the value of his patronage, and the fear of his report, practically insure him against small attempts to defraud. But when a rascal wishes to filch a few dollars from the scanty earnings of a poor woman, he knows that all the chances are in his favor. The claim is too small to engage the services of a lawyer, for the whole amount would not pay his fee, and no provision is made to force the delinquent to bear the expense of prosecuting, though the lawyer's fee is really as necessary to the carrying on of the suit as the costs of the court.

"What can the poor woman do? She calls again, taking long walks after working hours, or spending more money for carfare. Finally she sees that the effort is useless. She desists, goes without sugar in her tea, or leaves her boy another month without shoes, for lack of the scanty pittance which has gone into the sharper's pocket. Here the friendly Agency steps in, and duns the delinquent or sues the sharper. The claims taken up by the New York Protective Union in the twenty-two years of its existence amounted to $35,372.00; the average amount of each claim being $3.44. The smallest claim I find upon its books is $0.43. In this first year of our work we have collected $277.44, mostly in very small sums. We try

all peaceable methods first. Persistent dunning opens many a tight-shut purse. Payment by installments settles cases. Where debtors are honest in their intentions we have comparatively little trouble, and when patience ceases to be a virtue we go to law. The Agency does not hesitate to begin suit when all other means fail; even when the debt is very small. Some of our friends have called this policy unbusinesslike, and recommended us to pay small amounts from our own treasury, rather than incur so much trouble and expense for so little. But this, we feel, would only accomplish one of the ends we have in view. It would indeed relieve the sufferer, but would neither bring the offender to justice nor serve as a wholesome warning to other dishonest persons. Justice is better than charity, and we wish to be a terror to evil-doers, as well as a good Samaritan to the unfortunate. The fact that we have never lost a case in the civil courts, proves the care we use in investigating complaints.

The Unprotected Family

"For one class of complainants, we are unable to find help from our laws, viz.: Women and little children whose legal protectors will not support them. The idle husband and father gains a precarious living, often by hanging around saloons or gambling houses, and will neither earn anything for himself nor his family. The law recognizes his liability, but provides no means of enforcing it, and we find ourselves power-

less. A workhouse, under government control, where these able-bodied vagabonds could be forced to labor, and whence a part of the proceeds of their involuntary efforts should be paid over to those dependent upon them, would supply a want in our social system.

Loan Funds

"A loan fund, to be dealt out in small sums to those, who, upon investigation, were found deserving, might do incalculable good. Sudden misfortune often comes upon a worthy and thriving family. A fire or failure reduces to poverty. Death brings funeral expenses that must be provided for, and admit no delay. What resource is left those who have no friends to lend the money needed? The chattel mortgage is the last resource, and once in this net, heaven help the poor victim. The most enormous rates of interest are exacted; the slightest failure to pay these monthly extortions, promptly brings forth exactions; the original sum may have been twice repaid in the course of two or three years, and yet the debt hangs over the poor victim's head, no whit lessened. It is an old man of the sea, growing heavier and heavier each month, and always threatening to swallow up the furniture, or the sewing machine, which enables the poor widow to earn her living. * * *

Divorce and Family Protection

"Perhaps the most embarrassing of all questions which have come before us, has been that of divorce. We

began with a firm determination in no case to counsel the breaking up of families; but in a few cases, notably one where a man had married a widow with two daughters seemed persistently determined to ruin these girls, we have felt that the welfare of the children made absolute divorce the only course possible. In this case, as in others of great cruelty and violence to wife and children, the marriages fulfilled in no respect whatever the uses of true marriage. The home element was wholly lacking in them; they afforded no protection to women and children, but, on the other hand, were used as a cover for deliberate and persistent wickedness. They were a falsity and a sham; and justice to the weak and often innocent parties seemed to require that the relation should be deprived of its power for evil. Rather, therefore, than to turn helpless women over to the mercies of the irresponsible legal practitioners into whose hands they would be almost sure to fall if they attempted to prosecute their claims themselves, we have felt justified in trying to gain legal separations for them.

The Protection of Women's Honor

"The unprejudiced observer will be surprised to learn that the most unpopular branch of our work is, to quote from our circulars, 'The protection of woman's purity and honor, and defense or punishment of any trespass upon the same.' This object stands first on our printed circular, and is, to the women who

began and have carried on this work, of paramount importance. Some eighteen months ago, public attention was called to the fact that the gravest crimes against young girls and little children were of frequent occurrences in this country, while punishment rarely overtook the offenders. Criminal assaults upon little girls are generally dismissed with a trifling fine for 'disorderly conduct,' while larceny sends a man to the penitentiary, and even vagrancy or carrying concealed weapons will generally land him in the bridewell. Assault with intent to kill or commit rape are classed together on the statute books, and incur the same penalty; but practically, the first is punished according to law, with imprisonment in the penitentiary, while testimony can hardly be brought strong enough to secure conviction for the second crime, and the course of justice is so tortuous and thorny that few will persevere to the end.

"This is something like the usual course of things: The human brute selects for his victim an inexperienced and unsuspicious girl; if a foreigner, unable to speak our own language, so much the better. He brings about a combination of circumstances favorable to his purposes, and commits the crime. Threats are freely made to induce the girl to keep silent. Let us suppose her possessed of enough pluck to determine to bring the villain to justice, for the sake of other unprotected girls, though she knows well enough that not all the punishment in the world will repair the

wrong already done to her. She brings her complaint before the Police Justice, where she must have a lawyer, or she stands little chance of being heard, for, of course, the other side has legal help. It is too important a matter for him to neglect. His lawyer takes a change of venue — the first delay — then the case is deferred for a week or two — perhaps two or three times, each delay involving the loss of a day's work for the poor girl, and for all her witnesses. Suppose the magistrate sends the case up to the grand jury — the defendant's friends go to the clerk's office to see if they can manage to have the papers lost before they go on the calendar.

"This easy method sometimes saves all further trouble. However, let us suppose the clerks have a leaning to virtue's side, and get the case on the calendar; then some friend of the accused goes to the injured girl, tells her she will gain nothing by carrying on the case, or, as in one instance among the cases of the Agency, the wife of the accused goes to the injured girl, weeps, shows her little children, who will be left without means of support if their father goes to the penitentiary; she tells the girl she will gain nothing by carrying on the case; that she must go to court and answer whatever dreadful and insulting questions the lawyers choose to ask her; that witnesses can be brought who will swear that her own character was none of the best, and that the jury will thereafter not believe a word she says; that it will all come out

in the papers, and her reputation will be blasted forever. And what will she gain if she wins the case? Threats are also made — Chicago will grow too hot to hold her — the accused has friends who will never forget it if this case goes on; — 'Your father's business will be ruined, your mother will get no more work to do, and who will want you around after all this comes out in the papers?' The girl often pauses and gives it up. If she perseveres, and obtains a true bill, the trying ordeal to which she has already been subjected in the justice court will be repeated. Witnesses will be brought to attack her character, for every criminal lawyer knows two things: 1st. 'That the surest way to impeach the credibility of a witness (a female witness, not a male), is to attack her chastity. 2d. That the crime is scarcely counted a crime by a jury unless the victim can show an unblemished reputation.' Naturally, the chief effort of the defense is to blacken the girl's character. This effort is persistently carried on through all the courts.

"At the trial before the petit jury the State's Attorney, habitually overworked, has generally had little time to prepare the case — often he has not even examined the witnesses until the case comes up for trial. The girl is ignorant of law; she does not know the points to be brought out, nor the amount and kind of evidence necessary to prove the crime. To employ a good lawyer who would attend to all these things, is as much beyond her power as to bring down the light-

ning from heaven; while the man, if poor himself, can always obtain money enough for his defense, through his friends or employers, or political clique. What chance has a poor girl of obtaining justice or punishing a villain?

"Our practice has been, when we hear of any crime committed against a woman or child, to send an agent to learn the circumstances, and to inquire into the means and deserts of the victim. If she has friends and money to defend herself with, we never intrude; but if we find her worthy, and needing help, we try to act a sister's part toward her, and help her to obtain justice and to provide a safe home and employment for her.

"From no class of our citizens have we received more kindness and encouragement than from our justices and judges. More than one justice has sent to us to come to the rescue when some woman seemed to need a friend. The presence of a delegation of reputable women, women of social position and influence, changes the moral tone of a police court, and imparts courage to a timid girl, whose very innocence confuses her, in the presence of so many strange men.

Unwise Criticism of Woman's Defense of Woman

"This is the work we are blamed for undertaking. We are told that it does not become modest women to appear in court rooms, and to listen to the proofs of

crime;—that we might, indeed, take up these cases occasionally, if the poor girls would come to us and make formal complaint; but that to go out in the highways and byways of life, and lift up those who are trodden under the feet of wicked men, is very dirty business. We are told that since no lawsuit can restore to the injured girl what she has lost, it is better for herself even to pass over the wrong in silence, rather than to subject her modesty to the trying ordeal of a cross-examination in a court room. Let her accept her misfortune, and bear it as best she can.

"To these arguments, and many more of the same sort, we are constrained to reply that we stand for justice rather than policy; that the only way to lessen these crimes is to punish them; that without such punishment, Chicago will not be a safe place for an honest woman to live; and that we feel that every instinct of true womanhood should make us glad to help and protect these women less fortunate than ourselves, and unprotected by friends and influence; that public opinion should be educated up to the point of considering the virtue of poor women as well worthy the protection of the law as the purse of a rich man; and that the shame and scandal of these crimes lies in the fact, not in the telling of it.

"We would earnestly beg all citizens who believe that the virtue of our women and the purity of our homes is a chief corner-stone in the republic, to help us with their influence and their money."

The Advance from 1888 to 1905

In the year 1888 Mr. Joseph W. Errant, who had been the attorney for the Protective Agency for Women and Children, delivered a lecture before the Society for Ethical Culture upon the subject "Justice for the Friendless and Poor," and suggested that a society might be formed, and then and there the Ethical Society decided to organize the Bureau of Justice. The two societies conducted practically two free law offices for a number of years. Finally, however, considerable pressure was brought to bear and in 1904 a conference of the two societies was held, at which time it was mutually agreed that three directors from each society be elected to membership on the other board. The final result was the consolidation of the two in 1905 under the name of the Legal Aid Society of Chicago.

The work has increased enormously since the consolidation of the two societies. At the time of the consolidation there were eight employees carried over from both organizations. Now there is a staff of thirty social workers, attorneys and law students and the office is conducted as a socialized law office.

The objects of the Society are:

FIRST — To assist in securing legal protection against injustice for those who are unable to protect themselves.

SECOND — To take cognizance of the workings of existing laws and methods of procedure, and to suggest improvements.

AN IDEAL SUBURBAN HOME.

THIRD — To propose new and better laws and to make efforts toward securing their enactment.

Furnishing Legal Advice

The first object is giving advice and rendering assistance in specific cases. The individual has a special matter in which he feels that an injustice has been done him, or in which he feels that he needs advice regarding his own action. The type of work is that which is done in any law office. Perhaps the largest number of applications is for the collection of money; thousands of wage claims and other miscellaneous claims for collection come in every year. The policy of the office is to avoid litigation whenever it is at all possible and hundreds of cases are adjusted without recourse to the courts.

The cases growing out of domestic relations are the most difficult and require the greatest amount of time, but at the same time are the most vital of all classes of cases; questions involving the custody of a child, or the insanity of a mother, or drunkenness or failure to provide on the part of the father, are the recurring and tragic stories brought to the office day after day. Many of these applicants think when they first come to the office that their only remedy is divorce, but our experience has proven that in a large majority of cases the divorce is only a temporary relief, as in many instances they remarry and perhaps only complicate

matters further by marrying those who have been married before and who have children, so that in the end there may be three sets of children in one family, and it is not infrequent for a woman to come back five or six years after she has secured a divorce asking us to secure another divorce for her from the second husband, so that the policy of the organization has always been conservative as regards divorce.

Protection From Excessive Debt

The loan shark evil has been one which the organization has always been interested in, and one in which it is almost inconceivable for a layman to understand, but it is a fact that intelligent men making from $100 to $125 a month, or intelligent women, as, for instance, school teachers, come to the office in a perfectly hopeless and helpless condition, tied up with perhaps eight or ten loan sharks. The Society has settled hundreds and thousands of cases on a legal basis, and there is no class of clients so grateful. To them it seems almost impossible to believe that they have been released from the toils of the loan sharks.

Then there is the chattel mortgage loan in which a poorer class borrow, having nothing but their furniture to give as security, and not making sufficient wages to borrow on same. In this class the loan shark's chief weapon is the fear that he holds over the man or woman that he can take the furniture.

The Varied Services of the Society

Then the miscellaneous kinds of cases which come into every office, such as landlord and tenant, attorney and client, recovery of personal property, real estate, contract, and insurance matters, wills and estate, etc., etc., as well as the sex crimes against women and children of which there is a very large number.

The dream of the first president of the Protective Agency for Women and Children, Mrs. Caroline Brown, has come true, for in Chicago there now are women in almost all the courts, and the courts themselves are more open to influence of such work as that of the Legal Aid Society.

The question of damages for personal injuries has been very much simplified since the passage of the law of compensation for workingmen. It has been a field which the lawyers have thought was theirs and that it was unfair for the Legal Aid Society to infringe upon their prerogatives, but very grave doubts are aroused by the figures which Mr. Kingsley, former Superintendent of the United Charities of Chicago, presented after the Red Cross relief work in the Cherry Mine disaster.

Mr. Kingsley first studied fifty cases brought to various charitable organizations, which had been taken up by different attorneys. There had been $8,749.00 collected, of which an average of less than $175.00 reached the families of the fifty men.

The United Charities took up the question of the

Cherry Mine disaster; they consulted lawyers, went into the matter carefully, and with the power behind that organization collected $90,000, or $1,800.00 average for the families and the fifty men.

The following statistics show the difference between haphazard work and organized work:

Fifty Cherry families received $90,000 or $1,800 each.

Fifty ordinary accident families received $8,749, as follows: $3,000 in 1 case, $1,150 in 1 case, $800 in 1 case, $750 in 1 case, $500 in 2 cases, $400 in 1 case, $300 in 1 case, $270 in 1 case, $200 in 2 cases, $125 in 1 case, $100 in 3 cases, $85 in 1 case, $69 in 1 case, $35 in 1 case, $25 in 1 case, $20 in 2 cases, nothing in 15 cases, funerals only in 2 cases, suits pending in 12 cases.

Defending Ignorant Persons Charged With Crime

Another phase of the work is that of defending those charged with crimes, especially foreigners ignorant of the language and customs. Such persons need the help of a disinterested organization in order that they may not become the prey of attorneys whose hunting ground is that of the jail and whose prey is the unfortunates who have no knowledge as to procedure.

Other Purposes of the Society

The second object is the study of the present day laws, and the third, legislative efforts. In 1889 the Protective Agency for Women and Children drafted the bill making seduction a crime, and, further, as an auxiliary society of the Chicago Woman's Club, en-

dorsed and worked for the passage raising the age of consent and for other reform bills for the protection of women and children. In 1905 the Protective Agency for Women and Children drafted and presented to the Legislature a Bill for An Act for the Punishment of Crimes Against Children. The law was declared unconstitutional, but the Legal Aid Society succeeded in having it amended in 1907 so that it remains on the Statute Books.

The Legal Aid Society took an active part in assisting and organizing the Illinois Committee on Social Legislation. The object of this organization is, as stated in its charter: "To secure the enactment of social legislation, and to encourage the enforcement of laws and ordinances bearing upon social welfare either already enacted or to be enacted."

This latter organization is really a joint committee of the many organizations of Chicago and Illinois that are working for the betterment of social conditions. Its purpose is to bring to bear upon bills introduced into the Illinois Legislature which have to do with social and social service questions the joint consideration of those organizations interested in the committee.

Recent Advances

The president of the Legal Aid Society of Chicago, Mr. Rudolph Matz, states in his last annual report that the work of the Society and its tremendous growth has been considered by the Board of Managers of the Chi-

cago Bar Association, which has appointed a special committee to take up the matter of the Society and its needs with the members of that association. That committee, appreciating that to every lawyer comes the cases of the very poor, which most lawyers cannot take care of without considerable sacrifice, realizing further that the poor must have service of counsel and advocate, unless the legal profession is content to rest under the reproach of failing to aid in the attaining of justice by rich and poor alike, and recognizing also that it is one of the established traditions of the legal profession that a lawyer is not at liberty to refuse to take a just cause merely because of the suitor's poverty, proposes to state to the members of the Association, with the approval of the Board of Managers, its belief that the duty which the lawyer owes to the very poor can be more effectively and economically discharged by cooperation between the Chicago Bar Association and the Legal Aid Society.

In November, 1912, a conference of Legal Aid Societies of the United States was held in New York, at which time was organized the National Alliance of Legal Aid Societies. Its objects are to give publicity to the work, to bring about coöperation and increased efficiency among Legal Aid Societies and to encourage the formation of new ones. Mr. Arthur v. Briesen, president of the Legal Aid Society of New York, was elected president of the National Alliance.

Legal Aid work is known in Europe as well as in

the United States, and the report for 1911 of the Alliance in Germany shows that there were 307 German Societies and over half a million cases were handled by these societies. The hope of the National Alliance is that there shall be such a network of Legal Aid Societies all over the United States that there shall be no man or woman so poor and friendless and so isolated as to be unable to secure free advice and counsel in his or her necessities.

Justice is ever greater than philanthropy.

QUESTIONS FOR REVIEW. PART V

1. How did Legal Aid societies begin? What is their object?

2. What were the conditions out from which the movement grew?

3. What has been done by the representative societies like those of New York and Chicago?

4. What are the objects of the Legal Aid Society of Chicago?

5. How can the Society protect people from the "loan sharks"?

6. What assistance has been given in the settlement of damage cases?

7. What are the chief recent advances in these societies?

SUBJECTS FOR SPECIAL STUDY

1. Methods of liability cases in the settlements for damages.

2. The methods of pawnbrokers and "loan sharks."

3. Why the poor are particularly helpless in their efforts to get justice.

4. Efforts being made to assist the poor to get loans.

5. The laws of your state for the protection of women and children.

AN INVITING OUTLOOK

Compare with the solid wall presented on many streets lined with apartment houses

COMPLETE TOPICAL INDEX

The Woman Citizen's Library

Prepared by

ANNIE E. S. BEARD

Formerly Associate Editor, "THE WORLD TO-DAY"

EXPLANATION OF INDEX

This Index, arranged in alphabetical order, refers to the most important subjects which are treated in the Twelve Volumes of this Library. It is so arranged that the reader can find at once any reference to the subject sought, no matter in how many places it may appear.

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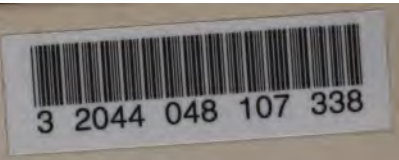
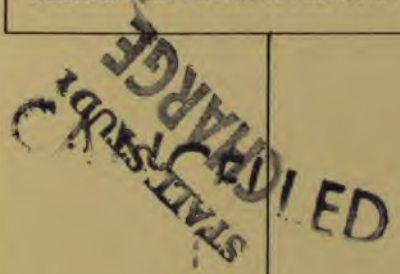
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